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# SHAPE

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SHAPE IS PUBLISHED BY BLU INC MEDIA SDN BHD (7408-K)  
Lot 7, Jalan Bersatu 13/4, Section 13, 46200 Petaling Jaya, Selangor, Malaysia. Tel 03-7952 7000.  
Printed In Malaysia By Times Offset (M) Sdn Bhd, Bangunan Times Publishing,  
Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000, Shah Alam, Selangor Darul Ehsan.  
Colour Separation: Asia OnTime (M) Sdn Bhd, 9-1, Level 9, Tower 9, Avenue 5,  
8 Jalan Kerinci, Bangsar South, 59200 Kuala Lumpur, Malaysia.



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Distributed By MMS-Media Marketing Services Sdn Bhd In Malaysia



# Coming Up!

## What's in the January 2016 issue:



We reveal our top 10 hottest trainers! You'll be girl-crushing, that's for sure.

BORED OF 'RABBIT FOOD'? SHAKE UP YOUR SLIM-DOWN PLAN WITH 25 DELISH IDEAS.

Look five years younger with our foolproof makeup tricks.

How to spot friends who sabotage your weight loss.

FOUR REAL WOMEN TO INSPIRE YOUR SELF-ESTEEM!

# Unbroken

**I often have daydreams of me running uphill for several kilometres**, sweat streaming down my face and fingertips, feet pounding the pavement with the easy grace and bounce of a gazelle, breathing in deeply but rhythmically the fresh morning/evening air – and all with the strength and endurance of a marathon runner.

**I am nowhere near that in real life. In real life, I hate running.** I would pick resistance training (whether with my own body weight, or with weights or bands) and stretching over cardio moves anytime. If someone told me to give them 50 push-ups, I would take that over having to run even 1km without stopping. I only run because I have to, because my coach makes me do it, and because I force myself to do it if I miss a boot camp session or I'm travelling and want to get a workout in.

However, the dream remains, and **I would like to be able to say I ran a 10K or even a 5K race without slowing into a brisk walk or breaking into a jog.** I want to be able to "pound the pavement" as I said, and not feel as if my fibulas are about to snap in two or feel as if my lungs would puke out of my mouth.

**If you're anything like me, read this month's 10-page focus on running (turn to p.25).** It's got inspiration (in the form of a list of great road races around the world, and in-depth write-ups about what else you can do there), and it's packed with tips, from how to train and fuel up, to what to wear on race day and which apps help you reach the finish line. See you at the next race!

FROM THE EDITOR

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... Essena O'Neill. This 19-year-old former Instagram model reveals what you already know deep inside: what you see on your feed doesn't always represent real life. So girls, focus on you, and what makes you happy and healthy! Check out her site: [www.letsbgamechangers.com](http://www.letsbgamechangers.com).



... Kaley Cuoco's devotion to animals and the #adoptdontshop movement. Follow her adventures: @normancook.



... good-for-you comfort food, like this bowl of soup with *sui gao*, edamame and watercress. Recipe on p.43.



We're loving...

... parents who take their kids out racing with them, like this participant at the Budapest Half Marathon. Gotta start 'em young!



## GOING DIGITAL

Here's a tip: it's cheaper (and less of a hassle) to get a digital subscription to **SHAPE** on the Apple App Store and Android app on Google Play than risk missing out on your monthly fix.





# Your take on *SHAPE*!

We always enjoy reading your tweets, posts, and emails. Here's what you've been saying.

## WINNING LETTER

### THE BREAST DEFENSE

My cousin was diagnosed with breast cancer recently, and early detection meant she managed to get it treated on time. Even though it's often talked about in the media, I feel there's still so much more we can learn about the disease. When my girlfriends and I took the quiz in your October issue, we were shocked at our poor knowledge about breast cancer; we believed so many of its myths! Kudos for this insightful article, *SHAPE*. **Bainun, Petaling Jaya**



### REFLEXOLOGY LOVE

October issue's *Alternative Therapies: Are They For Real?* was an eye-opener. I had no idea what rolling or halotherapy was, but I use them to kick-start conversations these days. Despite being incredibly ticklish, I just tried reflexology; you're right, I slept like a baby a few nights after the massage! *Bekam* or wet cupping still leaves me feeling squeamish though! **Tania, Bangi**



### MAKING A SPLASH

My favourite pastime is definitely cooling off in the pool – at least on a scorching hot day, that is. But at the end of the day, there are only so many breaststroke and backstroke I can do before I get bored. October issue's *Pool It* gave me new ideas; now, I can switch up my underwater routine and still stay out of the heat! **Dion, Cheras**



### A COLOURFUL LIFE

I've always shied away from bright colours, but October's *A Pop Of Colour* convinced me to give green eye shadow a try. I don't think it's for me, but now that I've stepped out of my comfort zone (goodbye nude shades), I'm ready to say hello to purple shadows. Speaking of bright colours, I'm going to start eating vibrant veggies too! **Fazura, Damansara Heights**

**We want to hear from you!**

Send us your thoughts on *SHAPE* – bouquets, brickbats, and anything in between. Email us at [shape@bluinc.com.my](mailto:shape@bluinc.com.my). Please include your name (and a pseudonym if you wish), address and contact number. Letters published may be edited for length and clarity. December's winning letter will receive Melvita's Nectar de Rose Petal Shower and Hydrating Body Veil worth a total of RM195!



# Trending now on SHAPE.com.my

Check in daily for motivating fitpos, live-healthy tips, and giveaways. And get even more inspiration by joining us on Twitter, Facebook, and Instagram @shapemalaysia.



## FIRST!

We've got a thing for fitness and fashion/celeb collabs, and from the looks of it, you do too. For the 411 on the latest launches, you know where to go.



## LOVE OYSTERS?

So do we! We list the top four oyster spots in South Australia; you know, in case you're heading there soon. Season runs from December-February.

## CANCER IN MALAYSIA

What's your risk of getting the disease? What are the most common types of cancer here? How can you cheer up a patient? We've got the low-down.



## INSTAGRAM LOVE We posted, you liked:



SHAPE and Juice Works, now that's a cool partnership! Our first ever SHAPE Lunch On The Go set, and it was good.



Honey, hand cream, and everything nice! We're lusting over L'Occitane's Christmas collection, created with pastry genius, Pierre Hermé.



Someone on the SHAPE team is still thinking about her Chapman's Challenge experience at Pangkor Laut Resort.



Zumba fans, you might wanna give ZAFEENA Fitness a try! The moves come from zapin, a Malay dance form. More info on its official Facebook page.





# You *right now*

## The mental trick that builds muscles

Question: how many minutes do you think you can jump rope for? Answer that and you just might improve your workout results. Simply making a prediction causes your brain to pump out more of the feel-good neurotransmitter dopamine, and that could spur you to push harder. "The more dopamine you have, the less your mind focuses on the effort required, which translates into a higher level of determination," says Jane McGonigal, Ph.D., the author of the recently published *SuperBetter*. As you lace up, make a guess.

How long will it take you to cycle your first km? You'll probably haul ass to beat that number.



## WHAT A TEASE!

Tired of waking up to or stepping out of the shower stall with tangled tresses? We can *totally* relate! With the **Tangle Teezer** (RM112; SEPHORA), you no longer have to tug at your hair, which leads to split ends and breakages. As this little wonder brush glides through your dry or wet strands, it detangles them with its teeth configuration and concave design. Compact with short bristles, it makes for a nifty travel buddy.

# beauty right now



## Smell like a goddess!

Paco Robanne's Olympea (RM419, 80ml; RM330, 50ml) plays with sensual vanilla and fresh floral notes, awakening your senses with green mandarin, ginger lily, hydroponic jasmine, sandalwood and ambergris accord. The gorgeous bottle dresses up your vanity table, stat!



## Out-Of-This-World Digits

Light up the sky – or at least your nails – this festive season with **The Starlight Collection** by OPI (RM74.20/ bottle). The colours are nothing short of mesmerising and it doesn't contain DBP, toluene, or formaldehyde. It also features the exclusive ProWide Brush for a precise and smooth application. Our personal fave?

**Ce-less-tial is More.**



# fitness *right now*



## TECH-Y TRACK

With the Soleus GPS Pulse with Bluetooth Smart Watch (RM1,266.70), data transfer becomes a fast and easy affair; just send your stats to your device using its dedicated app via Bluetooth. An in-built GPS receiver and accelerometer tracks your speed, pace and distance, so you can check both your indoor and outdoor running progress – in *real time*. The best part has got to be the wrist-based heart rate monitor, which ensures you train safely! The GPS watch is compatible with MapMyFitness, Runkeeper and Strava.



## DON'T TEXT AND RUN

If your iPhone is your workout buddy, here's a wake-up call not to let its ring or dings suck you in: **runners who texted or chatted on their cells slacked off on the intensity of their exercise**, according to new findings published in the journal *PLOS One*. Switch to airplane mode and stick to your playlist instead. Those who used their smartphones solely to listen to music actually enjoyed their workout more, ran about 1.6km per hour faster, and burned more calories than exercisers who went unplugged.



## PR A 5K

In addition to its ArmourVent mesh upper for breathability, **Under Armour's Speedform Fortis** (RM539) features a 6mm 4D Foam footbed, which molds to your foot and enhances cushioning. The Charged Cushioning delivers superior impact protection, energy return and adaptive support, while a second layer of Micro G foam converts your landings into explosive takeoffs, for better road-running performance. Now that we've wowed you with the specs, don't you think it comes in the prettiest colour?



### THESE SHOES ARE MADE FOR WALKING

The Skechers GOFLEX Walk ticks all the right boxes; its articulated segmented sole design makes it ultra-flexible; the lightweight Resalyte sole provides durability and stability; and the Goga Mat technology insole delivers high-rebound and responsive cushioning. The shoe's seamless knitted heathered fabric upper comes in snazzy shades, so show off those feet!

# style right now



### BUY A BAG, SAVE A LIFE

Featuring hand-beading, weaving and appliqué, TOMS' latest bag collection is inspired by handcrafted bags from Latin America, South Asia and Africa, and it gives back too!

Each bag purchased helps fund TOMS' network of Giving Partners, which delivers the materials (soap, gloves, gauze, cord clamp, surgical blade, clean surface) and training needed to create safe birth conditions for mums and babies in need. Grab its Denim Ikat Mix Departure Backpack (RM499) off the shelf!



### TIME FOR SIMPLICITY

Don't let the névo (RM1,199) fool you. It may look simple on the outside, but it's got a whole lot more going on the inside. The French minimalist watch tracks your fitness and daily activities, with a ring of bright white LEDs around its dial indicating how close or far you are to your goal. So move your buns, ladies! Plus, you'll always stay connected to your squad as névo also alerts you of incoming calls, texts and emails. More details at [facebook.com/DISTEXPRESS.MY/](https://facebook.com/DISTEXPRESS.MY/).







# tech right now

## WOULD YOU SWALLOW YOUR FITNESS TRACKER?

At the recent Code/Mobile conference in California, Jawbone CEO Hosain Rahman revealed that the brand is looking at developing two types of trackers: one that passes through your system, and one that stays in the bloodstream indefinitely. Sounds too cray-cray? Not to Rahman, who added, "The ultimate goal is to help people live longer, live healthier, have lower medical costs and that's the Holy Grail."

## HERE COMES THE BOOM

The Samsung Wireless Audio 360 R7 (RM2,199) is an audiophile's dream. Its proprietary ring radiator and sound-tuning technologies deliver fully-balanced, omnidirectional sound. Translation: evenly-distributed sound with reduced distortion, wherever the product (or you) sits in the room! Control's a breeze as it connects to your mobile devices via Wi-fi. The cherry on top has got to be its futuristic Object Design; cleverly concealing the speaker unit, it blends perfectly into your modern home.



## IT'S AN HONOR

**WARNING:** pick up the honor 7 (RM1,399) and you'll never put it down. The 5.2-inch body with carefully positioned buttons and sensors support single-handed operation; the frame-free metallic fingerprint reader allows you to answer calls and take selfies (8MP front, 20MP rear), among others; and you don't have to worry about the juice with its long-lasting 3,100mAh battery. Besides, how can you resist the smartness that's wrapped up in a full-metallic body air-brushed with a ceramic coating?

## Familiar, Better

**WINDOWS 10** (RM629.99) combines what you loved about Windows 7 (i.e. the Start Menu) and Windows 8 (Live Tiles and enhanced touch experience), but it's upped its game with innovations such as:

**Windows Hello**<sup>2</sup> Simply show your face or use your fingerprint to log into your Windows 10 devices.

**Continuum** Adapts and optimises your apps and experiences across touch and desktop modes.

**Microsoft Edge** This browser puts the fun in functional as it allows you to write or type notes directly on web pages and share them with your colleagues; read online articles sans distraction; and save your fave reads for later.

If your PC or tablet is already running on a genuine Windows 7 or Windows 8.1, find out how you can reserve a free upgrade at [www.windows.my](http://www.windows.my).



**This trick will sharpen your brainpower.** When you need to really lock in new bits of knowledge – key stats for a big work meeting, some French phrases for a trip to Paris – ask yourself, “What if I had to teach this stuff?” It will help you learn the material more thoroughly. Students in a recent study at Washington University in Saint Louis who used this technique remembered more facts during a test than those who didn’t prep that way.

# happiness *right now*

**You and your crew**

## END 2015 on a HIGH NOTE

It’s the homestretch of a stellar year, and there’s just enough time for a quick family trip or a jaunt with friends, so act on it – you’ll get a double dose of good times. Here’s why: thanks to a phenomenon that scientists call the peak-end effect, we tend to judge experiences based to a great degree on what we did last. So a final fling will cast a rosy glow over the entire year and leave you with the lingering impression of having had fun. So make an exciting getaway plan that will give you feel-good vibes, like one last beach vacation, hiking, or rafting.



# 300%

SPIKE IN YOUR  
LEVEL OF THE  
'BONDING'  
HORMONE  
OXYTOCIN THAT  
YOU GET WHEN  
YOU GAZE INTO  
YOUR DOG'S EYES,  
GIVING YOU – AND  
FIDO – THE WARM  
FUZZIES (HE GETS  
A 130 PER CENT  
BUMPTOO).

SOURCE: Science

## BANK MORE GOOSE BUMP MOMENTS

The simple act of admiring the remarkable intricacy of a flower or the vastness of a starry sky can detox your body of stress better than just about any other mental break. In a study at the University of California, Berkeley, people had fewer markers of inflammation in their body – a side effect of stress – after experiencing awe than they did after a positive feeling such as joy. “Emotions like wonder and amazement are linked with an increased sense of well-being,” says researcher Amie Gordon, Ph.D., who notes that it doesn’t take much to tap into the effect. In a different study, participants said they felt awestruck once every two weeks, and some felt that way nearly every day.



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# get fit



## Maximise every workout

These simple recovery strategies will transform your energy – and your body.

**W**hat's the big deal if you take your sore legs out for a run? It could mean you waste your breath rather than net results. To help you get the most out of every workout, we've recruited top experts to explain the best post-exercise dos and don'ts. "Being smarter about recovery can help

you become faster, leaner, stronger, and fitter," says physical therapist Robert Forster, the owner of Phase IV Scientific Health and Performance Centre in Santa Monica, California.

For the most part, fit people can bounce back from a moderate workout within 24 hours, Forster says.

During that time, your body resets itself: hormone levels rebalance, inflammation goes down, liver and muscles stock up on fuel, cells rid themselves of lactic acid and other waste products, and muscles and connective tissues lay down collagen and patch up tears. But a killer boot

camp session might require 48 hours or more to recoup from fully. "And it could be 72 hours before you regain your entire range of motion," Forster says.

That's why it's important that you limit intense workouts to three days a week, and if you're doing daily resistance training

By Caitlin Carlson



or CrossFit, plan your routine carefully so you're not challenging the same muscles in the same way each time. This holds true for any exercise you're doing several days a week; give your body a break by changing up your pace, intensity, and distance and by adding cross-training. "Overdoing it creates hormonal havoc, endocrine burnout [when chronic stress, in the form of too much exercise, overtaxes the system, making it less responsive], and injury," Forster explains.

How you structure your routines is just part of the equation. What you do after can maximise the body-shaping effect of those sessions. Try these top techniques for recovering faster and stronger, and you'll see the results not only in the renewed power of your reps but also in the sculpted body they carve.

## Ice right away; heat the next day

Ice for 10 minutes after a tough workout; so, ice your shoulders after a WOD loaded with clean and jerks. This slows blood flow to the area, which thwarts inflammation and swelling, says Alyssa Alpert, the head athletic trainer for the New York Cosmos men's professional soccer team. Keep icing throughout the day if you're really sore. With stiffness or spasms, which might kick in the next day, use heat, suggests Nadya Swedan, M.D., a physiatrist in New York City. "The warmth speeds blood flow to the area, relaxing muscles." Take a hot shower, then use a heating pad or **Perskindol Spray** (RM22.05; Watsons), which gradually heats up, promoting local blood circulation using essential oils.

**Many pros spend up to half their total training hours on recovery to fully net the benefits of all their hard work, Foster says.**



## Foam-roll, then stretch

"Rollers help increase circulation and relax knotted tissues; stretching returns muscles to their normal resting length and helps line up new collagen fibres that your body creates during recovery," Forster says. The U.S.'s National Academy of Sports Medicine says to roll before getting bendy, because the pressure helps turn off overactive muscles so you can stretch them more easily. During your cool-down, target the major muscles that you used and especially those in the lower body and back for five minutes, rolling slowly back and forth along the length of the muscles. Next, stretch the same areas, Alpert says. Later, go back and hit your entire body or zero in on still-tight areas with the roller. When you find a tender spot, don't roll; stay stationary and breathe deeply for 30 to 60 seconds.

## Eat protein and carbs shortly after your workout

Thirty to 60 minutes post-workout is the window when your muscles are primed to take in protein to start the repair process and carbs to refuel. "Make sure that within 30 minutes you have a snack containing 10 to 20g of protein and a one to two or a one to three ratio of protein to carbs," says Andrea Vintro, R.D.N., a dietitian specialising in sports nutrition in Portland, Oregon. She suggests a cup of low-fat yogurt and a small banana for a total of 14g of protein and 40g of carbs. Eat the same ratio again within about two hours, unless you're having a meal. To rehydrate, down at least two to four cups of water during this time as well. "Studies show that with rest and a balanced diet, your muscles' glycogen stores can be replenished in about 24 hours," Vintro says.

## Sleep well; keep moving

Lack of sleep leads to fatigue, depressed immunity, and higher stress hormone levels, which all make for a crappy workout, Dr. Swedan says. Aim for seven to nine hours of quality shut-eye a night. If you've scheduled a workout but are feeling fatigued or achy or your muscles have that heavy sensation, that's your body telling you it hasn't recovered. Take a rest day, but don't just sit around. "A little activity will help flush out any remaining lactic acid and keep your muscles loose, particularly if you're working out hard every other day," Alpert says. That means stretch, hop on a bike for 15 minutes, or do yoga.

**30-minute  
express  
workout**

# Swim your way slim

Do these  
sculptors  
between laps  
to burn 300  
calories fast  
and emerge a  
little leaner.

By Gina DeMillo Wagner

Can you swim the length of a pool? That's the only water skill you need to fry fat with Crossswim. This new circuit workout alternates fast freestyle (or your favourite stroke) for one pool length with 30-second bursts of bodyweight moves in the water or on the deck. "The sprints are just 25 yards, so you don't have to be a great swimmer to do this routine," says coach Jonny Tunstall, the creator of Crossswim. By trading steady laps for this HIIT approach, your pool-time payoff doubles, with more muscles toned and a bigger afterburn. Research in the *Journal of Applied Physiology* showed that women can boost their fat-burning rate by 36 per cent after just seven HIIT sessions; the higher intensity stokes your body to produce more mitochondria, the fat-burning furnaces of your cells. Find a pool and you have all you need to dive in – no dumb-bells or, gasp, foam noodles required. "This isn't your grandma's aqua aerobics class," Tunstall warns.





## INTENSITY

Hard (RPE:\* Shoot for an 8 or a 9 out of 10.)

## TOTAL TIME

30 minutes

## YOU'LL NEED

A built-for-action swimsuit (or a sports bra and formfitting workout shorts) and a pool

## HOW IT WORKS

Complete the workout twice for a 30-minute session that torches 300 calories. Beginners, go through the workout once for a 15-minute taste, then work your way up. As you do the bodyweight exercises, go as fast as you can while maintaining good form. "The average person can do 10 push-ups in 30 seconds, for instance," Tunstall says. "But as long as you work at a level that's intense for you, you'll get an amazing workout."

## CALORIES BURNED

300\*\*

# Part 1

## CROSSWIM SET

Go hard, then recover with equal work-to-rest ratios.

### START HERE

#### Burpees: 30 sec

Crouch, plant your hands on the pool deck, and jump feet back to a plank. Lower your body all the way to the floor, push back up, jump feet to hands, then jump up.

Rest: 30 sec

#### Sprint 25

The length of most standard pools is 23m. Swim one length as fast as you can, using any stroke you like. If your pool is non-standard, just swim fast for 30 seconds.

Rest: 30 sec

Push-ups: 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

Squats: 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

Wall kicks:\* 30 sec

Rest: 30 sec

Sprint 25

Rest: 30 sec

# Part 2

## POWER SET

Lose some rest intervals to fire up your burn and finish strong.

#### Mountain climbers: 20 reps

Start in a plank on your palms. Alternating legs, pull one knee toward your chest and then push it back as quickly as possible.

Sprint 25

Push-outs:\* 5 reps

Sprint 25

Tuck jumps:\* 5 reps

Rest: 30 sec

Mountain climbers: 20 reps

Sprint 25

Get-outs:\* 5 reps

Sprint 25

Tuck jumps:\* 5 reps

Rest 1½ minutes, then do the whole thing again.

## \*Your in-the-pool moves

### ↓ Wall kick

Face the wall and hold onto an edge. Kick your feet behind you as fast as you can.

### → Tuck jump

Stand in the shallow end. Jump as high as you can, pulling knees toward chest and swinging arms up. Try to break the water's surface with your knees.

### → Push-out

Stand in the shallow end, facing an edge. Grab the edge and use your arms to push your body up (as if you're going to climb out) until your hips are in line with the edge, then drop back down.

### Get-out

Like a push-out, except that you actually climb out of the pool and then get back in immediately and repeat the move.



# Gear up to fitness

When it comes to staying active and healthy, *everyone* needs the occasional boost. A smartwatch could just be the sidekick you rely on.



With the wearable technology movement becoming mainstream, the new age timepiece proves to be more than just an accessory. It's designed to provide accessibility and convenience, and puts you ahead of the game with various activities splash out from your wrist. A smartwatch can be a pretty cool BFF to have around. You can count on it to:

## ***Be a workout buddy***

Most smartwatches are now packed with nifty fitness apps and features such as heart rate monitor, pedometer capability and daily health reports. This is one great friend to motivate you towards bringing sexy back!

## ***Notify you on the latest happenings***

Being a well-informed social butterfly means constantly keeping up to date via a network of live feeds. Owning a smartwatch makes it easier and faster to identify what's hot and what's not with a quick glance on your wrist.

## ***Keep you entertained***

You've got the power in your hands to skip or pause songs, and adjust the volume of your music on the go without whipping out your phone – just connect your smartphone to your Bluetooth headset. Pretty sweet, huh? You'll *never* listen to Ed Sheeran the same way again.





## MAKE THE RIGHT CHOICE

With the boom of smartwatches today, it can be hard to pick out one that is most suited to your needs. Here's a tip; your new companion should have the following qualities:

### Compatibility

The greatest relationship is one that understands each other. Likewise, device compatibility is important when it comes to wearables as it should have an operating system that supports your phone's platform. The Samsung Gear S2 works on smartphones that run on Android 4.4 or higher, with more than 1.5GB of RAM.

### Mix features

A good sophisticated timepiece should pack a number of functionalities up your sleeve. Besides telling the time, the device should be able to make your life more efficient; for example it is equipped with fitness tracker, Wi-Fi support, etc.

### Apps collection

Most smartwatches may be paired to a smartphone but they may all run on different apps. Basic or advanced, determine how you want to boost the core features of your gadget. From news to calendar and translator, the brand's app store should offer you many useful applications.

### Wireless charging

What you need to look out for is how much power your piece requires and the battery type. Next is the charging friendliness; you can juice up your Samsung Gear S2 using its wireless charger.

## GET MOTIVATED TO MOVE

With just a quick glance at the Samsung Gear S2, you're able to see if you've been getting enough exercise or not – encouraging you to stay off the couch!



### Activity sparkles

Inactive time reduces the particles; to see more of them, walk around the office every few hours, take the stairs as often as possible, and go for a quick jog around the neighbourhood in the evening.



### Activity bubbles

As you move, the green coloured area on the clock face grows bigger. You know what they say; bigger's always better!



### Pixel heart

The colour of the heart on the screen changes according to your heart rate. To measure it, simply tap on the screen.

## FIT & FAB

Three ways you can stay robust with the S Health app.

**It keeps detailed records of all your daily activities** (i.e. minutes spent exercising, calories burned, steps taken, etc.), empowering you to achieve fitness success! It's like being your own coach!

**The heart rate monitor** checks your heart rate before, during and after your workout, so you can train safely.

**Its various trackers** allow you to monitor your daily nutrition (including your H2O and coffee intake), physical activity and sleep.



To find out more about your new fitness friend, the Samsung Gear S2, visit [www.samsung.com/my](http://www.samsung.com/my).

**SAMSUNG Gear S2**

# Your next relaxing getaway

If your top vacation goal is to unwind, pack your favourite khakis and tees – and head to our jungles!

By Sara Angle and Poon Li-Wei

**T**he Japanese practice of *shinrin-yoku*, or forest bathing – soaking up the restorative vibes of being in the world – can give you a powerful mind-body boost. “Spending time in nature can improve your creativity, cognitive function, and mood as well as strengthen your immune system and lower your blood pressure,” says Richard Louv, the author of *The Nature Principle*. And while research shows that even as little as five minutes of active time outside can boost your self-esteem, the enduring relaxation perks start adding up when you spend hours or days among greenery. So it’s no wonder that forest bathing is becoming the latest travel trend. We’ve got the perfect places for you to try it out, from the rugged to the ritzy.



Images from 123RF & iStockphoto





## For The Spa Goer

Not into camping, or even glamping? Then the Pangkor Laut Resort (from RM780/night) is for you. Nestled at Emerald Bay on the privately-owned Pangkor Laut island, its villas dot the quiet hills and open up to a lush rainforest (which makes up 80 per cent of its 300-acre land); this is exclusivity at its best! Get your woodsy fix without sacrificing a single creature comfort at the Spa Village; treatment here always starts with its signature bath house ritual, which includes a dip in the heated *rotenburu* pool. Basking in sunshine to the sounds of nature... sounds heavenly, don't you think? When it comes to treatments, take your pick from either Balinese, Thai, Swedish, Malay or Shiatsu massages. And if you wish to venture into the wild, Pangkor Laut Resort also offers jungle trekking, with various difficulty levels.

## For The Adventure Obsessed

Sign up for an expedition in Sabah with Journey Malaysia ([journeymalaysia.com](http://journeymalaysia.com)) for a wilderness- and cultural-immersion. On its Salt Trail Expedition

(RM1,569) for example, you'll spend five days and four nights surrounded by the beauty of the Crocker Range National Park, navigating trails, identifying natural medicines and animal species (you might just catch sight of orang-utans, long tailed macaques and clouded leopards), cooking at campsites and getting a great workout, courtesy of the challenging 34km trail, with the highest point at 1,230m! When you reach your destination, you'll be stronger, savvier and blissfully refreshed.



## You and your crew

### THE FOREST AS YOU'VE NEVER SEEN IT BEFORE

Get an entirely new perspective on the foliage – and forest bathing – at Langkawi's Canopy Zipline Adventure (RM220 for six per trip; [www.langkawi.travel](http://www.langkawi.travel)). Once you've trekked 890m up Gunung Raya, you'll be hooked to safety gear and away you whoosh at 140m above the forest floor! The view is jaw-dropping (spot the great hornbills and dusky leaf monkeys!), and you will be able to stop to take in the forest canopy spread beneath and in front of you.

## For The Day Hiker

If you're looking to break away from the hustle and bustle of KL, head on over to the Cameron Highlands Resort (from RM480/night); its gorgeous colonial architecture is ace but the selling point is its proximity to Mount Brinchang! It's a pretty tame hike but the peak's at 2,000m above sea level, so expect some steep areas. You'll pass through 'The Mossy Forest'; usually blanketed by mist, it has a magical air to it (read: plenty of photo opportunities). And on a clear day, you get a bird's eye view of the highlands at the top. When you feel like returning to civilisation, head back to the resort and finish unwinding with a leisurely stroll along the tea plantation and picnic. By the time you return to your room, you'll be more than ready to sink into the plush bed.



## For The Social Butterfly

At Tadam Hills Resort you'll reap the physical and mental benefits of its obstacle course comprising of Zorbing, zip-lining, rock climbing, archery and many more. The sleepaway camp for adults also boasts a clear turquoise lake complete with man-made beach, water swings and floating lounge chairs – what a great way to bump into a fresh face! You can opt to either sleep in a hammock (RM135/ person), or tent (RM140/ person) for an enjoyable camping experience. Either way, expect plenty of bonding and IG-ing!



Ask  
Jac

## “My arms tingle and my fingers go numb when I run. What’s going on?”

The most likely culprit is a pinched nerve in your neck or upper back, says Jordan D. Metzl, M.D., a sports medicine physician at the Hospital for Special Surgery in New York City and the author of *Running Strong*. “If your neck is strained forward when you’re running, there’s more pressure on the muscles around it and on your shoulders,” Dr. Metzl says. “This can aggravate an already-pinched nerve or an underlying muscle spasm in your trapezius [the sheet of muscle between your shoulder blades], resulting in numbness.” He recommends a three-step plan of attack: foam-roll your back and shoulders for a few minutes before you run; do a five- to 10-minute dynamic warm-up (skips, walk-out planks, leg swings) to limber up tight muscles; then keep your upper body loose and your shoulders down as you stride.

*Shape*’s fitness director, **Jaclyn Emerick**, is also a certified personal trainer, Spinning instructor, kettlebell instructor, and sports and exercise nutrition coach.



“Half-marathons have been my go-to race, but since learning that my DNA is built for speed, I’m training for a few 5Ks to see if I run stronger.”

*Jac wants you to ...*

### GRADUATE FROM MODIFIED AND HALF PUSH-UPS

Quick pep talk: you are strong and badass enough to do military-style push-ups with textbook form, so don’t sell yourself short and lower only halfway or default to doing them on your knees. It’s better to bang out just a few solid push-ups than to do dozens of less-demanding ones. First, when you go only halfway down, you’re only halfway firming. And doing push-ups on your knees activates every muscle as much as 22 per cent less per rep, according to research in the journal *BMC Musculoskeletal Disorders*. A proper push-up, though, can be considered a full-body workout packed into one move: it sculpts your shoulders, triceps, and chest muscles; tightens your core; and firms your butt and quads. But that’s if, and only if, you do it right. Lower your (straight) body until your chest grazes the floor. That’s the muscle maker: **your chest has to graze the floor**.

Ready to rule your boot camp class? Do this progression and soon you’ll be mastering gold-standard push-ups.

#### BEGIN BY USING A LOW BENCH

Grasp the edge of a bench with a shoulder-width grip and walk feet back until body forms a straight line, wrists under shoulders. Do a push-up. Let your chest touch the bench. The incline will make you feel lighter, but your body alignment preps you better for the real deal than push-ups on your knees do. Aim for 2 to 3 sets of 8 to 12 reps.

#### NEXT, GO FROM THE GROUND UP

Lie facedown on floor with toes curled under and palms beneath shoulders. Tighten abs, glutes, and quads as you press up to plank. Hold; repeat. Go for 2 to 3 sets of 5 to 8 reps.

#### THEN LIFT YOUR HANDS

Start on floor in plank on palms. Bend elbows to lower body all the way so that you’re lying on floor. Then lift palms off floor for a second or more; in the beginning, take all the time you need down there. Replant palms and push back up. This forces you to achieve the full range of motion of a push-up but also gives muscles a quick break to reset midway through the rep. Do 2 to 3 sets of 5 to 8 reps. As you get stronger, move faster and add more reps. Then eliminate the hand release. Congrats; you’re officially a push-up rock star!



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# ON YOUR MARK...

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*... jet set and go! We're taking you on a run across the globe with the best races to sign-up for and valuable tips to conquer them all as a runner and also a traveller. By Kym Ong*

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# SAVE THE DATES!

*Put your name down for these upcoming road races and make your 2016 an exceptional one.*



## JAN

### International Marathon of Marrakech – Morocco

Deemed as one of the fastest in the world, this circuit attracts more than 6,000 runners annually to race along its alleys dotted with swaying palm, orange and olive trees.

**Date:** 31 January 2016

**Level:** Intermediate to advanced

**Distance:** 21km, 42km

**Fee:** €50, €70 (approx. RM250, RM350)

**Website:** [www.marathon-marrakech.com](http://www.marathon-marrakech.com)



### Okinawa Marathon – Japan

This route takes you through various towns and villages to give you a glimpse of the Okinawan life.

**Date:** 21 February 2016

**Level:** Beginner, advanced

**Distance:** 10km, 42km

**Fee:** ¥2,700, ¥4,500 (approx. RM100, RM170)

**Website:** [www.okinawa-marathon.com](http://www.okinawa-marathon.com)

## MAR

### Bhutan International Marathon – Bhutan

Take in the geographical wonders as you race through the country's stunning countryside. All proceeds will go towards supporting Bhutan's Youth and Olympic Sports programmes.

**Date:** 5 March 2016

**Level:** Intermediate to advanced

**Distance:** 21km, 42km

**Fee:** US\$110 (approx. RM440), US\$150 (approx. RM600)

**Website:** [bhutaninternationalmarathon.com](http://bhutaninternationalmarathon.com)

## APR

### Dead Sea Ultra Marathon – Jordan

Watch out; this is one of the most gruelling races around as participants take to the scorching heat running from the city of Amman to the Dead Sea.

**Date:** TBC

**Level:** Beginner to advanced

**Distance:** 10km, 21km, 50km

**Website:** [www.deadsea.runjordan.com](http://www.deadsea.runjordan.com)

## MAY

### Borneo International Marathon – Malaysia

You don't have to travel far; the Borneo International Marathon across the South China Sea provides a scenic run along the coastal roads of Kota Kinabalu.

**Date:** 1 May 2016

**Level:** Beginner to advanced

**Distance:** 10km, 21km, 42km

**Website:** [www.borneomarathon.com](http://www.borneomarathon.com)



## JUNE

### Laguna Phuket International Marathon – Thailand

Flagging off from the Laguna resort, its scenic route will take you through local villages and plantations to showcase the lush vegetation Phuket has to offer.

**Date:** 4 & 5 June 2016

**Level:** Beginner to advanced

**Distance:** 2km, 5km, 10km, 21km, 42km

**Fee:** From US\$8 to US\$90 (approx. RM32 – RM360) (registration before 29 Feb)

**Website:** [www.phuketmarathon.com](http://www.phuketmarathon.com)

### Eco Slow Marathon Inba-Chiba, Japan

Organised by Hajime Nishi (the first person to run marathons on each of the seven continent in seven months in 1997), this race requires you to pick up trash along the route!

**Date:** 3 April 2016

**Level:** Beginner to advanced

**Distance:** 5km, 10km, 21km, 42km

**Fee:** US\$100 (approx. RM400)

**Website:** [www.gotorace.com/event/eco-slow-marathon-inba-2016](http://www.gotorace.com/event/eco-slow-marathon-inba-2016)







# JULY

## Mauritius Marathon – Mauritius

Try not to get distracted by the turquoise sea and spectacular view of the lagoon when you run this race. It'll be a sporting challenge you'll enjoy, no doubt!

**Date:** 17 July 2016

**Level:** Beginner to advanced

**Distance:** 10km, 21km, 42km

**Fee:** €30, €50, €70 (approx. RM145, RM240, RM340)

**Website:** [www.mauritiushmarathon.com](http://www.mauritiushmarathon.com)



# OCT

## Venice Marathon – Italy

Destination races are fun when you have a gorgeous island like Venice to run in. To cross the Grand Canal, you've gotta run on a floating bridge built specifically for the marathon!

**Date:** 23 October 2016

**Level:** Advanced

**Distance:** 42km

**Website:** [www.venicemarathon.it](http://www.venicemarathon.it)

# AUG

## Bali Marathon – Indonesia

Featuring a combination of flat and hilly roads, the race is a good way to see Ubud and Balinese culture. Expect traditional performances along the way.

**Date:** TBC

**Level:** Beginner to advanced

**Distance:** 10km, 21km, 42km

**Website:** [www.balimarathon.com](http://www.balimarathon.com)



# NOV

## Penang International Bridge Marathon – Malaysia

The good ol' Pearl of the Orient gives us a good reason to head north and run across its world-famous bridge at the break of dawn. It's a fun, familiar course for all!

**Date:** TBC

**Level:** Beginner to advanced

**Distance:** 10km, 21km, 42km

**Website:** [www.penangmarathon.gov.my](http://www.penangmarathon.gov.my)



# SEPT

## Budapest Half Marathon – Hungary

This leads you through central Budapest, so you get to admire its iconic landmarks such as the Andrassy Avenue, Chain Bridge and the Danube River, up close.

**Date:** 11 September 2016

**Level:** Beginner to intermediate

**Distance:** 5km, 21km

**Website:** [www.halfmarathon.runinbudapest.com](http://www.halfmarathon.runinbudapest.com)

# DEC

## Chiang Mai Marathon – Thailand

Featuring natural spots and historical sites, this race is a good platform for beginners to test their limit as the route is flat and the temperature is expected to be pleasant.

**Date:** TBC

**Level:** Beginner to advanced

**Distance:** 3km, 10km, 21km, 42km

**Website:** [www.chiangmaimarathon.com](http://www.chiangmaimarathon.com)

## Angkor Wat International Half Marathon – Cambodia

Since its inception in 1996, this annual charity race, held within the Angkor Archaeological Park, has been aiding victims of antipersonnel mines in Cambodia. Your support will help towards prosthetic limbs and social reintegration programmes.

**Date:** TBC

**Level:** Beginner to intermediate

**Distance:** 3km, 10km, 21km

**Website:** [www.angkormarathon.org](http://www.angkormarathon.org)







# ACE YOUR RACE

***The next 12 months is a chance for you to rewrite your personal best and we've got just the preparation strategy for you. From nutrition to training and even packing tips, crossing the finishing line will be no sweat – ok maybe just a little!***





## PLAN AHEAD

The number one rule to destination races, or any race for that matter, is to be prepared. Registration for popular runs can fill up pretty fast within a few days of opening, so plan well in advance to avoid disappointment.

Start searching for flights and accommodation the moment you've signed up. Book an aisle seat so that you can get up and stretch as much as you can. Stay as close as possible to the race location for easier access. **Bookmark or print out maps of the running route and the areas around your hotel** so you can study how to get to the starting point and where to eat, practise running or buy last minute supplies before race day.

## WE TALKED TO:



Adele Wong, 25, Part-time trainer and leader of Puma Night Training Club.



Sue Teoh, 36, Fitness trainer and national triathlete.



Karen Siah, 29, Fitness coach and founder of Kia Kaha Fitness.

**THE FIT DRILL** If you're joining a marathon, your training plan should range between 12 and 20 weeks – and it should consist of easy runs, tempo runs, long runs, steady state running, intervals, acceleration, hill and strength training to help you build up speed and endurance. Don't forget to also get lots of rest to promote muscle recovery.

While it's widely believed that running regularly will help you become faster and stronger, this shouldn't be the only thing you do in your training. **Cross train at least twice a week with low-impact workouts such as swimming, cycling, yoga and Zumba.** This will help to improve your overall fitness level and lessen the stress on your bones and joints from all the running.



## Go The Extra Mile

As a general rule, try **boosting your weekly mileage by about 20 percent over the course of four to six weeks** to develop better speed. Vary the length and intensity of runs between a moderate pace and surge during

the last few metres. Additionally, hill sprint in particular can enhance stride power, improve running efficiency and encourage your fast-twitch muscle fibres to perform better. "To boost speed, you'll

need to have practised running faster or at your goal race pace. This is usually done in speed workouts where you will run repeats of fast intervals of much shorter distances like 400m, 800m, 1km or 2km mileage. As for

endurance, it is usually achieved through longer runs but at a much more comfortable pace. I'd advise to progressively increase the distance of your long runs to train your aerobic capacity," says Sue.



## PACK IT IN!

Our three experts **highly recommend** making a checklist of things to bring to your destination road race so you don't forget anything important. First thing to go into your bag would be your race day gear that has been tried and tested during training; avoid anything new to prevent injury. Pro tip: pack in twos or threes with an extra set of tops, shorts, socks, and power bars going into your carry-on in case your check-in luggage doesn't make it with you.

### The 'Don't Forget' List

- Running top, compression tight, running jacket
- Race belt
- Shoes and socks
- Hat/headgear
- Sunglasses, sunblock
- Anti-chaffing balm
- Medical kit
- Electrolyte, salt tablets, gel
- Cold/hot spray
- Power bar



### IN-FLIGHT ESSENTIALS

There's always the possibility of a delay, whether at the airport or getting to the hotel, so **fill your carry-on with healthy supplies of energy bars, and mixed fruits and nuts.**

The cabin's dry air can easily make you sick and fatigued; you'd want to avoid that at all cost! **Apply antibacterial hand gel regularly and drink at least a glass of water hourly.**

**Wear compression socks to help increase blood flow and reduce fluid build-up.** The improved circulation prevents deep vein thrombosis and post-flight leg sluggishness.

## Race Smart

Most seasoned runners will agree that you should research in advance, or at least a day or two before the flag-off, **to learn about the race route in terms of topography/terrain, e.g. which part is flat, hilly, loop or repeated course.** It pays to study the course and note down on logistics arrangements such as the beginning and starting point, water station, medical area, cut-off time at each checkpoint, bag drop-off location and seeding area.

## YOUR RACE DAY GEAR

**JUST BE SURE TO BREAK INTO THEM FIRST!**



Under Armour's **UA Charged Cotton Tri-Blend Logo V-Neck** (RM119) wicks sweat faster than ordinary cotton and offers full range of motion.



The **PUMA IGNITE PWRCOOL**, the brand's most responsive shoe yet, uses thermo-regulation technology to help you conserve energy.



**Skechers GOrun 4** (RM369)'s seam-free upper and Mid-Foot Strike Tech gives you improved breathability and flexibility for a powerful, natural run.



The race-friendly **Reebok Bra Top** (RM129; Zalora.com.my) gives you full support with its form-fitting, stretchy racerback design.



Brave the cold temps with **Lululemon's Rest Less Hoodie** (RM418). Its snug hood and high collar lock in heat, while the thumbholes make layering easy.



# FUEL UP!

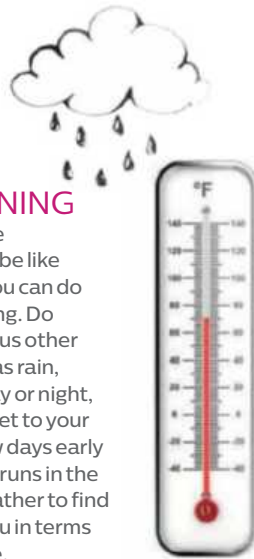
Each runner's needs is different, so there's no one-size-fits-all nutrition plan. "A general guideline is **40-60% carbs, 10-20% proteins and 20-25% unsaturated fats.**

Adjust your nutrition intake based on your training volume. Remember to eat enough (not too much) to fuel your training and to recover before your next session," says Adele. Choose:

- Complex carbohydrates like wholewheat bread, sweet potatoes and brown rice
- Good sources of protein like fish, chicken, lean beef, low-fat milk and yogurt
- Adequate amounts of vitamins and minerals via fruits, greens and supplements. And replenish muscle glycogen with the right post-run snack.

## WEATHER CONDITIONING

Find out what the temperature will be like on race day, so you can do simulation training. Do your runs in various other conditions such as rain, high humidity, day or night, etc. "It's best to get to your destination a few days early to practise some runs in the warm or cold weather to find out what suits you in terms of gear," says Sue.



## Break The Jetlag

The general rule is that when you're flying, sleep only if it's bedtime at your destination city. Keep yourself busy by reading or watching a movie. This way you can ease the transition of adjusting your sleep schedule and you don't have to battle the sluggish slump the next day. "I prefer to travel more than two days prior to the race so that I can at least get a whole day to adjust. If it's a distance you're not used to, it's best to give yourself a couple of days to adapt," says Karen.

## Q: Carbo-Loading: Truth Or Fiction?

It's a tried-and-tested formula among many runners and Karen is one such believer. "This is something I practise three to four days prior to a race to make sure I start with my 'tanks' full."

In the lead-up to race day, **concentrate on eating carb-rich foods such as pasta, potatoes, bread, fruit and juices** to fuel your run with a steady supply of energy. But remember to only increase the percentage of your calories from carbs and not simply gorging more of everything. Yes, it's still about the food choices!



## Top 4 Free Apps To Track Your Run



**RunKeeper** stores your running habits and stats on the app as well as its site to help you understand your pace and see when you're improving.



**Endomondo** is a social running app that tracks your training while allowing you to challenge your friends or listen to audio pep talks from them.



**Runtastic** uses GPS to track and map your distance exercises which are then kept in a 'personal diary' featuring your running metrics and routes.



**MapMyRun** is great for navigating a new destination. The Google Maps view will give you an idea of the elevation gains and drops throughout a route.



# ESCAPADE



*Scratch two itches with a race-cation – you do the run, and then spend the rest of your getaway relaxing! Keep yourself busy pre- and post-race with these sweet spots, and make your trip worth the miles!*

## IN SIGHT

### OKINAWA, JAPAN

Okinawa is made up of a long stretch of islands; 49 inhabited and 111 uninhabited. It rarely dips below 15°C in midwinter, and during the **Okinawa Marathon** in February, the average high is around 20°C. Okinawa is said to be the first place in Japan to get cherry blossoms from mid-January to early February.



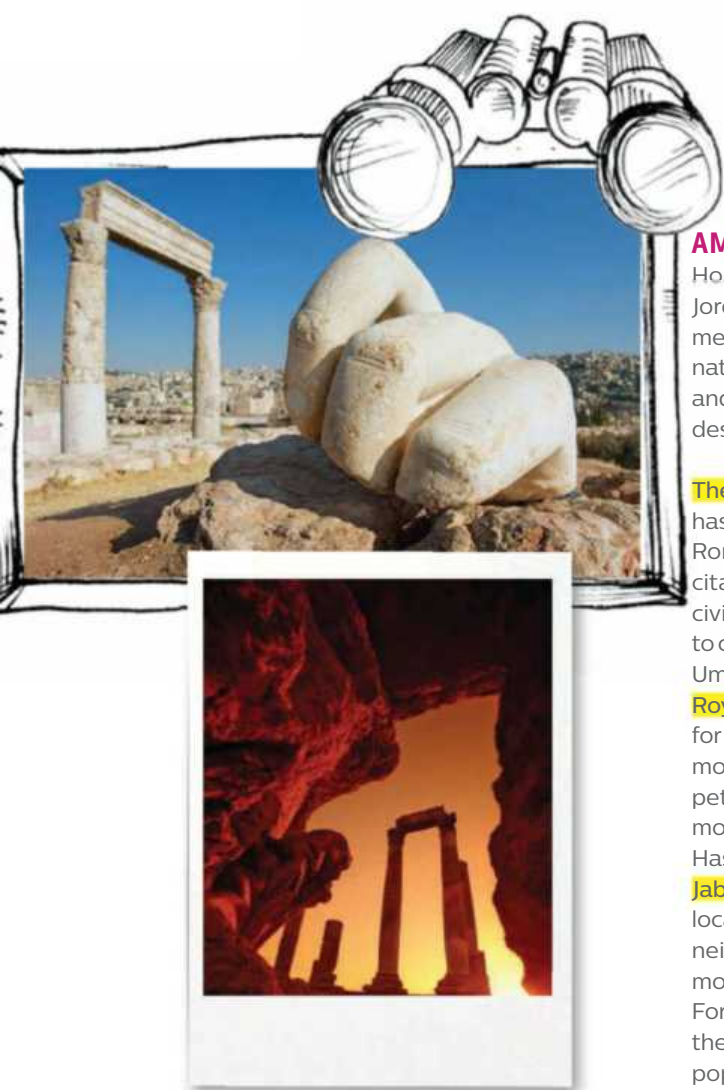
**Naminoue Shrine** Located in Naha, the capital of Okinawa, the shrine is a religious site built on a steep cliff right next to Naminoue beach. The path requires a bit of a climb, so this would be a good place to get some cardio training if you're up for it. At the top, catch your breath at a temple styled in Okinawan and Japanese designs – and say a prayer or two for good luck!

**Shuri Castle** Just a short monorail ride away from Naha, see Okinawa's former capital, Shuri Castle, on top of a hill overlooking the city. The UNESCO World Heritage site was once the political, economic and cultural centre of the Ryukyu Kingdom. Though the original castle was destroyed in the war, it was rebuilt in 1992 featuring red Chinese-style gates, rendering it different from castles on mainland Japan. Entrance fee is 820 Yen (approx. RM30).

**Tsuboya Pottery Street** A 15-mins walking distance away from the bustling Kokusai-dori Street is the Tsuboya Pottery district, where it used to be a centre of ceramic production. Today, you'll see a wide range of Okinawa's pottery on sale, from cheap souvenirs to large tableware in whimsical style. There are also a number of cafes here where you can hang out with the artisans hard at work.







## AMMAN, JORDAN

Home to the ancient city of Petra and the **Dead Sea Ultra Marathon**, Jordan should be on every traveller's list. It has many historical sites, medieval artefacts and religious monuments, as well as unspoiled nature that's well worth exploring. April marks the beginning of spring and it's the best time to visit as temperature is warm. A trip to the desert might just yield a pleasant surprise for you.

**The Amman Citadel** The ruins, which sits on the highest hill in Amman, has been around since the Neolithic time and has stood through the Roman, Byzantine and Umayyad periods; small wonder then that the citadel is considered to be one of the most important remnants of old civilisation. With an entrance fee of just 3JOD (approx. RM18), you get to check out striking structures like the Temple of Hercules and the Umayyad Palace.

**Royal Automobile Museum** The late King Hussein, who ruled Jordan for over 46 years, had amassed an impressive collection of cars and motorcycles from the late 20s to recent years. Even if you're not a big petrolhead, the museum is one organised exhibit of rare and intriguing motor vehicles. Here, you also get to discover more about the Hashemite Kingdom of Jordan at 5JOD (approx. RM30) per entry.

**Jabal Al Weibdeh** This is one of the oldest districts in Amman where locals and expats alike chill out for a feel of the old Jordan. The neighbourhood houses quaint cafes, spice shops, art galleries and more; you can spend hours experiencing a local's laidback lifestyle. For cheap eats, try the sandwiches at Abu Mahjoub, which is one of the oldest falafel shops in Amman. Tip: order your falafel with *shatta*, a popular spicy condiment.

## MARRAKECH, MOROCCO

This enchanting city hosts the **International Marathon of Marrakech** in January when the climate hovers around 20°C, making it a pleasant albeit slightly chilly time to traverse through its streets, shadowed by cool ramparts.

**Jemaa El Fna** The commercialisation at the heart of the Jemaa El Fna Square is evident, but venture into the inner alleys and you'll experience a more distinctive market setting; the further you walk, the more workshops and locals you'll encounter. Stop and savour the freshly made orange juice and baked breads.

**Bahia Palace and Saadian Tombs** You don't have to break the bank to visit these two attractions, with admission priced at just 10DH (approx. RM4.50) each. The Bahia Palace is a beautiful building featuring Eastern architecture with lavish courtyards, gilded ceilings and stained-glass windows, while the Saadian Tombs consists of two mausoleums with over 100 mosaic-decorated graves.

**Cyber Park and Menara Gardens** The Majorelle Garden may be the most visited site in Marrakech, but it's rather pricey to get in. If respite is what you're looking for, you can still escape the city's madness and enjoy a calming retreat at the Cyber Park Arsat Moulay Abdeslam or Menara Gardens for free. Eat, relax and wander at your own pace minus the tourist crowd.





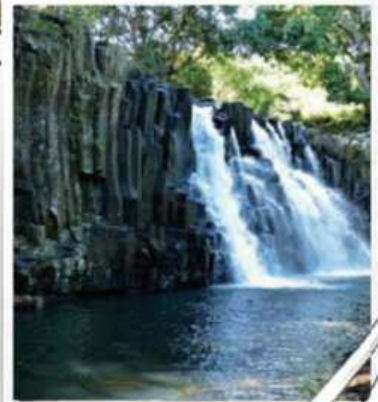
## MAURITIUS

This tropical island in the Indian Ocean is most revered for its stunning sandy beaches and unbeatable view. With only two seasons each year, it will be experiencing cool and dry winter when the **Mauritius Marathon** rolls around. The southern area where the run will be held features relatively less busy beaches and snorkelling sites compared to the rest of the island.

**Gris Gris** A few kilometres from the village of Souillac in the south lies Gris Gris beach that will please Instagrammers to no end. Enjoy a picnic at one of the many benches against the picturesque setting. Further down the road is the La Roche qui pleure or 'The Weeping Rock' and Le Souffler or 'Blower' where the constant crashing waves 'whistle' to give the impression that the cliffs are crying.

**Le Morne Mountain** To make the most out of your time after race day, book yourself a hiking trip up Le Morne Mountain at RS1,500 (approx. RM185). Besides the breath-taking panorama at the top, this is where you can also get a history lesson on the symbolic mountain which was once a refuge for runaway slaves.

**Rochester Falls** Located between the towns of St Félix and Souillac, this is the widest waterfall in Mauritius. The freshwater from the highland comes crashing down on unique lava rocks from an altitude of almost 10 metres. The peaceful area is surrounded by sugarcane fields, banana plantations and a river bed. Do look out for 'helpful' locals who may take the liberty to act as your guide at the falls. A tip of RS200 (approx. RM25) is recommended if you do take up their services.



## UBUD, BALI

The mystical island of Bali is a treasure trove of fascinating folklore, cultural delights, great food and warm hospitality. The annual **Bali Marathon** takes place in the district of Gianyar, where the famous Ubud town is located. April to September marks the dry season with cooler temperatures, so it's a pleasant time to visit (and run!).

**Campuhan Ridge Walk** Slap on your sunscreen and take a hike from the bridge at Wos River to the grassy path up Bukit Campuhan for a peaceful escape from the lively Ubud town – or you could rent a bike for about Rp20,000 (approx. RM6) and go in search of this hiking trail. Explore in the morning when the air is crisp – and when there's less tourists to bump into!

**Pondok Pekak Library & Learning Centre** Across the field from Monkey Forest Road, Pondok Pekak ([www.pondokpekaklibrary.com](http://www.pondokpekaklibrary.com)) offers Indonesian language class, Balinese dance lesson and silver jewellery-making workshop among others. Fees range from Rp100,000 to Rp280,000 (approx. RM30 to RM85) per person. If you're looking to just relax with a good read, rent a book and head up to the rooftop terrace which provides a lovely reading sanctuary.

**Yoga** The ancient practice is a big part of Balinese lifestyle and what better way to prepare yourself for the big race than to indulge your body, mind and spirit. The Yoga Barn and Radiantly Alive ([www.theyogabarn.com](http://www.theyogabarn.com), [www.radiantlyalive.com](http://www.radiantlyalive.com)) are two well-known centres in Ubud; classes and workshops are offered from beginner level up to advance with training for aspiring yogi teachers as well. A lesson starts from Rp140,000 (approx. RM42).



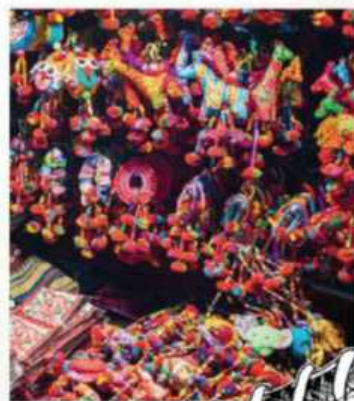


## CHIANG MAI, THAILAND

The fifth-largest city in Thailand can be experienced on the cheap with its charming historical sites, exciting outdoor activities and thriving coffee culture. The cool season lasts from early December to February, so expect to see lots of visitors during the **Chiang Mai Marathon**. **Night Bazaar** From 6pm every evening, the streets between ThaPhae and Sridonchai Roads come alive as traders hawk their wares. You can spend hours roaming around, picking up souvenirs, handicrafts and paintings. The market attracts huge crowds and the key skill here is to bargain but even if you're bad at it, take heart knowing that things are already competitively priced.

**Huay Tung Tao Lake** Just a short 20-minute drive away from the old city, this is an excellent spot to get away from the crowd and recuperate amidst lush surroundings. The lake is lined with quaint grass huts and the locals usually take their families here for a picnic and to play in the water. You can also go for a run or cycle around the lake. All these at an entrance fee of only THB20 (approx. RM2.50).

**Tok Sen Massage** No visit to Thailand would be complete without a pampering massage. The *tok sen* massage is one that is native to Chiang Mai. The ancient practice uses traditional tools similar to a wooden stick and mallet, where the body is tap on to 'vibrate' pathways for healing. The Fah Lanna Spa ([www.fahlanna.com](http://www.fahlanna.com)) offers the service at THB1,300 (approx. RM160) an hour.



## VENICE, ITALY

With its bridges, canals and gondolas, Venice provides a superb backdrop for the **Venice Marathon**. Though the skies in October can be a little cloudy, you'll generally be in for a lovely time with less humidity and noisy tourists. Lace up your shoes as Venice is one of the best walking cities in the world; getting lost is optional, if not inevitable.

**Venice Walking Tour** There are a few groups that offer walking tours for free, but do support them with a donation of €5 (approx. RM25) or more. The two- to three-hour walks are led by locals who have a deep love and knowledge of the island. You'll be taken on a tour of the hidden gems and gain cultural insights on a Venetian way of life. More info on: [www.venicefreewalkingtour.com](http://www.venicefreewalkingtour.com), [www.freetourvenice.com](http://www.freetourvenice.com) or [www.freewalkinvenice.org](http://www.freewalkinvenice.org).

**Boat Rides** Ditch the expensive gondolas and opt to travel by *traghetto* instead at a fraction of the price for a truly authentic experience. *Traghetto*, which means 'ferry' in Italian, is used by the locals to cross the canal from any seven points between the railroad station and St Mark's Basin. Pay €4 (approx. RM20) to hop onto one and stand as two oarsmen row you across the waterway.

**CàMacana** At one of the oldest mask-making workshops ([www.camacana.com](http://www.camacana.com)) on the island, you'll be introduced to the various types of masks and learn the same 800-year old techniques that go into producing one. Classes can bust the wallet with fees starting from €37 (approx. RM180) onwards but what's Venice without its colourful masks, right?





# eat right

## Should you eat soya?

Once considered a superfood, soya has recently been linked to health issues. Is it harmful, or does it deserve a place in your diet? SHAPE investigates.

*By Hallie Levine*



These days, it seems we're all afraid to eat soya. It's forbidden in popular eating plans like paleo. It has been blamed for fatigue, stomach disorders, weight gain, hormone problems, and even cancer. No wonder food manufacturers are labeling their products 'soya-free'. Soya has become the new gluten. But hold on – don't get scared by the rumours; soya does have real health and nutrition benefits, top experts say. Here's the latest science.

## Truth #1 Soya doesn't cause breast cancer.

There's a common misperception that soya contains oestrogen and leads to breast cancer, says Anna Taylor, R.D.N., a dietitian at the Cleveland Clinic.

This false notion started because two isoflavones in soya, genistein and daidzein, are chemically similar to oestrogen. That raised concerns among experts that soya might accelerate the growth of certain breast tumors, as oestrogen does. Then, a few years ago, alarm bells went off when rats with breast cancer who were given large amounts of genistein or daidzein had faster-growing tumors than rats who weren't given the isoflavones. While that sounds serious, these isoflavones act differently in rats than they do in people, says Alice Bender, R.D.N., of the American Institute for Cancer Research in Washington, D.C. Numerous epidemiological studies in women, in which participants reported their eating habits and were tracked over time, found either no connection between soya and breast cancer or a protective one, Bender explains. For example, a recent review of 14 epidemiological studies showed that women in Asia who regularly ate the most soya had a 54 per cent lower risk of developing breast cancer than those who ate the least.

## Truth #2 Eating soya won't throw your hormones out of whack.

Despite rumours, a recent University of Illinois study found that soya hardly affects our hormones. An exception: if you take

medication for hypothyroidism – a condition in which your body produces low levels of thyroid hormones – soya can interfere with your ability to absorb the drugs, so you need to wait four hours after taking your prescription to consume anything with soya, says endocrinologist Jeffrey R. Garber, M.D., an associate professor of medicine at Harvard Medical School.

Similarly, a tofu habit won't make it tougher to get pregnant. Though some animal studies have suggested that soya could reduce female fertility, and another study showed that men who ate it daily had a reduced sperm count, newer research has refuted those findings.

## Truth #3 Soya foods are among the best vegetarian sources of protein.

Vegetables, whole grains, and beans all have protein in them, but soya is one of the only vegetarian proteins that is considered complete, which means it has all the essential amino acids that your body needs, Taylor says. And 114g of tofu have about as much protein as a serving of steak! Plus, these foods help your heart. In a recent Dutch study, women who replaced some of the animal protein in their diets with soya saw their cholesterol levels and insulin sensitivity improve.

## Truth #4 You're probably not allergic or even sensitive to soy.

Though some clean-eating programmes suggest that if you eliminate soya from your diet, you'll lose weight, have fewer headaches, and feel less fatigued, experts say any exhaustion or digestive ills you're experiencing probably have nothing to do with the food. In fact, less than 0.5 per cent of the adult population is allergic to it. It's also highly unlikely that you're soya-intolerant. People tend to feel better after cutting out soya because they're eating fewer processed foods, he explains. If you truly think you're allergic – symptoms include hives – see an allergist.

## THE BEST (AND WORST) SOYA FOODS

Some forms are better than others.

### EAT

**Edamame** These boiled or steamed soya beans are high in fibre, protein, vitamins, and minerals.

**Soya milk** A small amount of nutrients may be lost in processing, but most soya milk is fortified with vitamins like B<sub>12</sub> and D. And it contains as much protein as cow's milk.

**Tofu** Made by curdling soya milk, tofu is a great source of Omega-3 fatty acids and calcium. Brands that list calcium sulfate as an ingredient have even more of the mineral.

**Tempeh and miso** These fermented foods contain bacteria that promote digestive health.

**Soya nuts** Dried and roasted soya beans have more protein and fibre than classic mixed nuts.

### LIMIT

**Foods with added soya protein** In processing, soya protein is stripped of many nutrients, including ones with potential anti-cancer properties. Check labels for 'soya protein', 'textured soya protein', or 'soya protein isolate'.)

**Soya sauce** It has more than 1,000mg of sodium per tablespoon, and even reduced-sodium versions are extremely salty.

### CHOOSE CAREFULLY

**Soya flour** The ingredients label should only list ground whole soya beans.

# Steak Out

Any way you slice it, this tasty twist on fajitas is a dinner winner.

## Sizzled Flank Steak With Peppers and Goat Cheese

**Makes:** 4 servings

**Prep time:** 10 minutes

**Cook time:** 20 minutes

2 tsp olive oil

1 large red onion, quartered and thinly sliced

1 medium green bell pepper, quartered and thinly sliced

1½ tsp minced fresh thyme plus 4 sprigs for garnish

½ cup white vermouth or white grape juice

½ tsp salt

¼ tsp black pepper

455 g flank steak, trimmed

28g goat cheese, crumbled (about 1 cup)

**1** Heat oil in a large non-stick saucepan over medium-high heat. Add onion, bell peppers and minced thyme; sauté 8 minutes. Stir in white grape juice, ¼ teaspoon salt and ¼ teaspoon pepper. Lower heat and continue cooking 8 minutes more. Cover and set aside.

**2** Meanwhile, pat steak dry and season both sides with remaining salt and pepper. Heat a large grill pan or non-stick skillet over medium heat; add steak and cook 4 minutes. Flip steak and cook 3 to 4 minutes more for medium rare. Transfer to a cutting board and let rest 5 minutes; cut across the grain into thin slices.

**3** Divide onion-and-pepper mixture among four dinner plates and top each with steak slices. Sprinkle with goat cheese and garnish with a thyme sprig.

**\* Nutrition score per serving:** 362 calories, 31g protein, 8g carbohydrate, 19g fat (9.6g saturated), 2g fibre







#### WHEN MY FRIENDS AND I GO

**TO LUNCH**, they don't even ask what I want. For the better part of the last decade, I've eaten the exact same thing: a big salad. In fact, I consider myself a greens expert, at least I did until recently. That's when I signed up for my local CSA (community-supported agriculture) programme to get an assortment of fresh produce every week. At the first pickup a woman shook a bunch of greens in my face. "Aren't these gorgeous?" she asked. I nodded in agreement, then scurried home to Google what they were (watercress) and how to cook them (in a yummy soup; more on that later). Over the next few months I got to know a variety of leafy greens. Turns out, I'm not the only one who was in the dark. "Most people use the same rotation of lettuce and spinach," says Andrea Giancoli, R.D., a spokesperson for the U.S.'s Academy of Nutrition and Dietetics, "so they miss out on some of the tastiest, most nutritious vegetables." Our greens guide is here to help.

## TURN OVER A NEW LEAF

If you think escarole refers to Jay-Z's SUV, it's time for a veg-ucation. Get to know seven produce powerhouses that deserve a spot in your crisper.

By SHARON LIAO | Photographs by LISA SHIN





## COLLARD GREENS

Collards resemble wide, flat cabbage leaves. Look for a deep green hue.

This mild staple of Southern cuisine may be better at lowering artery-clogging cholesterol than broccoli or spinach, research has shown.

**Fresh ideas** Try a lighter take on collards, which are traditionally cooked with pork fat: remove the stems and slice the leaves into two-inch pieces; meanwhile, fry turkey or beef bacon in olive oil. Crumble bacon and sauté it with the collards and garlic. Add enough chicken stock to just cover the greens, reduce the heat to low and simmer for an hour, or until tender. “Cooking collards for a long time breaks down the tough fibers,” says Aliza Green, a chef in Philadelphia and the author of *Field Guide to Produce*. Finish the dish with a splash of apple cider vinegar and red pepper flakes.




## TURNIP GREENS

When you cook turnips, don't throw out the tops, which have a strong flavour and cabbage-like texture. “They're loaded with fibre and vitamin K,” says Maggie Moon, R.D., a nutritionist for the New York City-based online grocer FreshDirect. One cup of the cooked greens fulfills 20 per cent of the daily requirement for vitamin B<sub>6</sub>.

**Fresh ideas** “Blanch turnip greens to soften their bite,” Green says. “Then sauté them in olive oil with garlic and finish with a little lemon juice or apple cider vinegar.” Or sauté garlic, onion and lemon zest in olive oil; add turnip greens and white wine and simmer until soft. Then puree in a blender and serve as a dip with crusty bread.

Avoid leaves that are wilted or yellow or have slick dark green patches.



Curly kale, shown here, is deep green with ruffled edges. Tuscan kale, a.k.a. dinosaur or black kale, has bumpy blue-green leaves.

## KALE

This earthy, bitter green is packed with nutrients; just one cup of raw kale supplies a day's worth of vitamins A and C and six times the daily requirement of bone-boosting vitamin K.

**Fresh ideas** Make chips by stripping the leaves off the tough, inedible stems and tearing them into one-and-a-half-inch pieces. Toss with olive oil and salt and bake at 180° for 10 to 15 minutes, or until crispy. For a simple no-cook side dish, slice kale into one-inch ribbons, add a tablespoon each of olive oil and lemon juice and a dash of salt; then gently massage with your fingertips until the leaves are wilted. Top with freshly ground black pepper, nuts or seeds for crunch, and either avocado slices or a sprinkle of pecorino.





## SAWI

This mild, slightly sweet cousin of cabbage is a super source of calcium because it's low in oxalate, a compound in many greens that blocks absorption of the mineral. The veggie also has 25 kinds of cancer-fighting antioxidants called polyphenols, one study found.

**Fresh ideas** Small, tender baby sawi, or bok choy is great in stir-fries or tossed with oil, salt and black pepper and roasted at 200° for five minutes. If you're cooking the regular-size kind, make a side dish by chopping the stalks and sautéing them in oil with garlic, ginger and reduced-sodium soy sauce for three to four minutes. "Then add the greens a few minutes before serving, so that the stalks are tender and the leaves are just wilted," Moon suggests.

Choose thick, firm stalks and bright leaves. Bok choy is also called Chinese cabbage or pak choi.

## Prep School

When you get home from the supermarket or farmers' market, use this plan of action to make leaves last.

### STEP 1 TRIM

Chop off the stems or slice out the core, if there is one, and tear apart the leaves, discarding any that are brown or bruised.

### STEP 2 WASH

To remove sand from sturdy greens, such as kale and collards, put them in a large bowl or clean sink filled with cold water. Swish vigorously to loosen grit, then scoop out the leaves; dirt will sink to the bottom. For delicate leaves, like watercress or bok choy, simply rinse carefully under running water.

### STEP 3 DRY

Use a salad spinner, or spread a single layer of leaves on a clean towel. You want them only slightly damp, or they'll wilt.

### STEP 4 REFRIGERATE

Roll up the towel and place it in a plastic produce bag from the grocery store; if you used a spinner, put dry leaves directly in the bag. Store greens in the crisper drawer, away from fruit. Certain fruits, like apples, pears and avocados, emit ethylene, a gas that can hasten spoilage.

### STEP 5 REVIVE

Although greens should last up to a week in the fridge, they may wilt. To perk them up, place them in a bowl of ice water for 15 minutes.



## WATERCRESS

Watercress packs a healthy punch of vision-protecting carotenoids and compounds that may inhibit the growth of breast cancer tumors.

**Fresh ideas** Trim the stems, then add the leaves to sandwiches, frittatas and salads. "Pair watercress with a sweet balsamic vinaigrette," Giancoli says. Or transform a simple supper into dinner party fare by using fresh leaves as a bed for roast chicken or beef. To make soup, sauté a cubed potato and a diced onion, then simmer them in two cups each of low-fat milk and chicken stock for 10 minutes, or until tender. Add two cups of watercress (leaves and stems), cook five minutes more and puree until smooth. Garnish with fresh watercress leaves and low-fat sour cream. Or try the recipe on page 43.

The small, oval-shaped leaves should smell peppery.





## SWISS CHARD

Eye-popping red, yellow, orange or white stalks signal freshness.

This somewhat salty relative of the beet is a top source of vitamins A and C. And one cup of cooked Swiss chard delivers more than 20 per cent of your daily quota for iron.

**Fresh ideas** "The stalks and the leaves are edible," Green says. To soften the leaves, blanch them by immersing in boiling salted water for a few minutes; then sauté with olive oil and garlic and toss with golden raisins. Or wrap seasoned fish fillets in the blanched leaves and bake. For a side dish, cook the stalks: chop each into three or four pieces and boil in water with a squeeze of lemon juice for five minutes. Toss with olive oil and Parmesan; then broil for 10 minutes.



## ESCAROLE

It looks like romaine, but escarole's firm texture, paler colour and slightly bittersweet taste set it apart. At just eight calories per uncooked cup, this nutrition superstar supplies fibre and heart-healthy folate, along with vitamins A, C and K.

**Fresh ideas** "The inner leaves are sweet and mild, so they work well in salads," says Julia Sullivan, the chef at Haven's Kitchen, a cooking school and specialty food shop in New York City. To prep, use a paring knife to cut off a thin slice on the stem end, then remove the core. "Toss with olive oil, lemon juice, salt and pepper and top with shaved Parmesan," she says. Add the outer leaves to minestrone and turkey chili for texture and flavour.

Seek out tightly packed unblemished leaves.



# Souped-up Supper

Comfort food doesn't have to weigh or slow you down. This low-cal, quick-cooking dumpling dish will make you a believer.

## Asian Dumpling Soup With Edamame and Watercress

Serves: 4

Prep time: 10 minutes

Cook time: 10 minutes

6 cups low-sodium chicken broth

16 frozen pork (or chicken) dumplings

1 cup frozen shelled edamame

1 bunch watercress, ends trimmed

1 tbsp plus 1 tsp rice vinegar or apple cider vinegar

2 tsp toasted sesame oil

**1** In a large saucepan, season broth with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{8}$  teaspoon pepper and bring to a simmer over medium heat. Add dumplings and edamame and cook, stirring occasionally, until dumplings float to the surface, about 5 minutes.

**2** Add watercress and cook just until wilted, about 30 seconds. Remove from heat and stir in vinegar and oil.

### \* Nutrition facts per serving:

283 calories, 20g protein, 27g carbohydrate, 12g fat (3.1g saturated), 3g fibre, 635mg sodium

# Eat to boost endurance

Dig into these before a workout and stay strong to the finish, says Cynthia Sass, R.D.N., the author of *Slim Down Now*.

**LENTILS** Their iron helps you produce hemoglobin, which carries oxygen in your blood. In one study, cyclists who ate lentils rode 20 minutes longer than those who ate a different snack. Sass suggests a lentil salad 30 to 40 minutes preworkout.

**BEET JUICE** Studies show it can help you exercise 14 per cent longer. The nitrates in beets reduce your muscles' need for oxygen, so they can push you through that tough final stretch.

**HONEY** Drizzle a teaspoon on a banana to benefit from the slow release of natural sugars, which your body converts to energy.

**BELL PEPPER** During distance exercise, your body taps into stored fat and carbs for fuel. To access fat – and stave off fatigue – you need an adequate supply of vitamin C in your blood, Sass says. Peppers have more than twice the amount of an orange.



## THE BEST FLICK PICK

If you like to snack at the movies (and honestly, who doesn't?) and are trying to lose a few kilos, choose your next ticket wisely. In a series of studies done at Cornell University, people ate significantly less when they watched a funny film as opposed to a tear jerker, and when they viewed a slow-paced drama rather than an action flick. The researchers believe that a sad movie can lead to emotional eating because it's upsetting, while a suspenseful film can cause stress gorging (you eat more when you're on the edge of your seat). A comedy is fun and relaxing, so you're less focused on the food.

## WHAT YOU OAT-TA KNOW

Fibre-packed oats help lower your weight and heart disease risk, improve blood sugar levels, and maintain a healthy gut system. These you know, we're sure, but did know that as complex carbs, they're also brain-friendly? Your body breaks them down into a steady stream of glucose, which fuels your brain, and this keeps you sharp for hours. So if you're looking to stock the pantry in your desk drawer, it makes sense to fill it up with oats products! Try **Julie's Oat 25**, baked with Australian oats, the cookies are free of preservatives and artificial colouring. It comes in three flavours:



**Choc** A combo of oatmeal, hazelnut and real dark chocolate chips delivers a wealth of minerals and roughage. Perfect for: really stressful days when you need something (read: chocolate) to take your mind off work, even if for just five minutes.



**Strawberry** Embedded with strawberry pieces, empty a packet when you realise: "Hey, I haven't had any fruit today!"



**Ten Grains** Prepared with rye, sesame, flax, triticale, barley, wheat, oats, millet, quinoa and spelt, this works for breakfast and as a pre-workout snack too.





# Jump-start your slim-down

Focusing solely on the “calories in, calories out” equation overlooks a crucial part of weight-loss success: The right mindset.

By Marjorie Korn

**A**long with what food you eat and how much you work out, the outcome of your diet hinges on another key factor: how you feel about your body. Starting a weight-loss plan with a critical self-image or berating yourself for gaining those extra kilos will set you back before you begin. “You simply can’t effect positive change if you’re beating yourself up,” says Jean Fain, a psychotherapist at Harvard Medical School and the author of *The Self-Compassion Diet*.

Chronically stressing about your weight raises your levels of the hormone cortisol and keeps them elevated. That’s a problem because cortisol stimulates hunger, sending your body the message that it needs calories. And in that case you’re probably not going for a salad: in a recent study at Ryerson University

in Toronto, female students under pressure tended to reach for fatty or salty stuff like ice cream or potato chips. The snowball effect continues – it will take longer to work off those treats because you burn fewer calories when you’re tense, says Janice Kiecolt-Glaser, Ph.D., the director of the Ohio State Institute for Behavioral Medicine Research. That’s why you need a positive mindset to reach your goal. We’ll get you there.

## Cultivate true pride

When researchers at McGill University in Canada surveyed about 400 women, they found that those who scored higher on a scale of shame and guilt tended to see themselves as heavier than they actually were, further fueling their negative emotions, whereas women who

felt more proud of their bodies saw themselves more realistically. These women had a trove of “authentic pride” – positive feelings about their appearance, abilities, and character.

“We found that having authentic pride naturally motivates you to exercise more and make good food choices,” says Andrée Castonguay, Ph.D., the lead author of the study. It makes sense: when you feel good about yourself, you *want* to take care of your body. On the other hand, if your pride is contingent on your ability to stick to your diet, you’ll be more vulnerable to shame and guilt anytime you go off-track, says Heather McKee, Ph.D., a weight loss psychologist at St. Mary’s University, Twickenham, London. To foster true pride, set manageable goals, such as losing the first two kilos or running a 1.5km

without walking, Castonguay says. Achieving them reminds you that you're in control and gives you an occasion to celebrate, which promotes confidence.

### Start being nicer to yourself

A key component of authentic pride is consciously treating yourself with kindness – the type you would extend to a friend or an acquaintance. The first step is to decide that you'll talk to yourself only the way you would talk to another person you care about or are being polite to. And stick to it, even in moments of frustration or disappointment – no exceptions. Eventually, this will set an automatic tone of compassion in your way of thinking, which will inform how you approach your goals. Eating healthy and exercising will become ways to be nice to yourself rather than feeling like torture, Fain says. "You'll be more likely to eat when you're hungry, stop when you're full, and be active."

### Make weight loss one of your goals

To help ensure success, set other milestones beyond a number on the scale. It's counterintuitive, but in her research, McKee found that having a non-weight-loss goal *and* a weight-loss goal helped people achieve both. Pairing goals boosted the study participants' confidence in their ability to succeed – doing well in one area made them more confident they could succeed in the other – and that self-assurance helped them resist food temptations.

Dual goals work particularly well when they're related to each other and you place equal importance on them. So pick milestones that are complementary. For instance, if you want to cook four nights a week and also spend more time with friends, host healthy dinners instead of planning girls' nights out. Or if you would like to boost your heart health and shed kilos, sign up for a race. Even if you don't slim down as quickly as you would like, you'll feel triumphant when you cross the finish line, and that

will give you momentum to continue with your healthy-eating habits. "You're building transferable skills, like prioritisation and self-control, which will help you achieve your other goals," McKee says.

In addition, focusing on your strengths can help you identify traits you've used to do well in one area of your life, so you can apply them to your diet, says J. Graham Thomas, Ph.D., a dieting researcher and an assistant professor of psychiatry at Brown Alpert Medical School. So if stellar organisational skills are your thing, use those same abilities to plan gym sessions and healthy meals.

### Be realistic

There will be times when your better-body plans go to hell. Prepare by outlining the roadblocks you're sure to face, as well as strategies to cope with them. What will you do when you've

got gym plans and your friends want you to come grab a drink instead? What healthy meals can you fall back on when work gets crazy busy and you have no time to shop for groceries?

Focusing on obstacles may sound pessimistic, but it will help you in the long run. In her research, social psychologist Gabriele Oettingen, Ph.D., a professor at New York University and the author of *Rethinking Positive Thinking*, has found that people who supplement their healthy-body goals with serious consideration of the difficulty of the endeavor have a higher success rate than those who are endlessly sunny about it. Every dieter has ups and downs, but it's your ability to recover from the downs that makes you succeed.

Authentic pride makes you feel happier, which motivates you to exercise and cook healthy meals.





# SHAPE Meals To-Go



This December 2015, SHAPE is partnering with Cowboys Food Truck to bring healthy, flavoursome food your way!

Grab a set; each comes with a fresh-off-the-grill meal, drink and copy of SHAPE Malaysia (December 2015 issue), so you can pore over up-to-date health and fitness news while enjoying your Texas-inspired fare! For more information on the locations and timings, log on to [www.facebook.com/SHAPEmalaysia](http://www.facebook.com/SHAPEmalaysia) and [www.shape.com.my](http://www.shape.com.my).

\*Image shown above is for illustration purposes only. Actual products may vary.



# Grocery guide: cooking oils

Overwhelmed by the options on the supermarket shelves? Here, a line-up of pantry must-haves, and what they're for.

By Zara Nasarudin and Sia Wendi



## BEST FOR MELT-IN-YOUR-MOUTH CAKES

Sunflower oil has a subtle flavour, so if you are allergic or intolerant to dairy, use it to replace butter in your cake or cookie recipes. It's especially ideal for carrot cake, as it keeps it soft and moist. Look for the high-oleic version, as it offers a trans-free oil solution.

**Try** Adela Sunflower Oil, which comes with Omega-3, 6 and 9.



## THE ULTIMATE SALAD DRESSER

When it comes to dressings, dips and marinades, nothing can beat good ol' EVOO. Extra virgin olive oil is high in heart-friendly monounsaturated fat, and it boasts a terrific taste profile. For a fuss-free dressing, sprinkle some lemon juice, salt and pepper into a small bowl of olive oil, and mix well. Also good for sautéing.

**Try** Naturel Organic Extra Virgin Olive Oil is full-bodied, smooth and sweet.

## FRY SMARTER!

**Pan-fry** Don't pour oil directly into pan; just brush or spritz your meat or seafood with just a bit of oil.

**Deep-fry** Heat oil to 190°C; any lower than that and the oil will seep into your food, turning it greasy. But never heat it until it smokes; this damages the oil. Let your fried food cool on a bed of absorbent paper towel.



## THE ALL-ROUNDER

Usually flavourless with a high smoke point of 230°C, refined corn oil shines in both baking and deep-frying recipes; an unrefined one (darker coloured) works better in salad dressings and dips as it's richer in taste.

**Try** Daisy Corn Oil. It's 100 per cent cholesterol-free, and contains vitamin E and Omega-6.



## BEST FOR FRIED CHICKEN WINGS

With its high oxidative stability and fatty acid composition, super-refined pure palm olein stands up to heat like a champ, ruling the deep-frying category. Plus, it's flavourless, so it won't alter the taste of your food. Deep-fry in moderation though, as the cooking technique destroys nutrients.

**Try** Seri Murni Oil is double fractionated, so it won't make your fried food greasy.



## THE NASI LEMAK PARTNER

Can't say no to this local breakfast staple? Instead of *santan* (coconut milk), cook your rice in water (chuck in a knot of pandan leaf and a few slices of ginger); once it's ready, toss it with extra virgin coconut oil. You can also use it to give your smoothies, stir-fries and marinades a tropical touch! To fully reap its benefits (it raises good HDL cholesterol, improves insulin secretion, absorbs calcium and magnesium), get the organic refined version.

**Try** Orifera Extra Virgin Coconut Oil, extracted from the first pressing of freshly-picked, hand-peeled organic coconuts. Processed without chemical and heat to retain coconut oil's natural nutrients.





# live healthy

## Should You Swallow?

**Taking vitamins to stay healthy seems like a no-brainer.** But new research has found that supplements aren't the magic bullet we've been led to believe. One recent review of 78 studies found that antioxidant supplements don't reduce the risk for death from disease; in fact, in some cases they actually raise it. And now calcium supplements, which so many of us have been dutifully popping for years, have been linked to an increased risk of heart attacks. Say what? But don't trash your stash just yet. Read on so you can make the best decisions for your body.

*By Paige Greenfield*

**FACT**

## Vitamins don't cancel out bad health habits.

"There are so many different disease-causing culprits in our lives that one vitamin cannot protect against them all," says Mark Moyad, M.D., the senior scientist and director of preventive and alternative medicine at the University of Michigan Medical Center. "Vitamins can't significantly undo the toll that risk factors like smoking, excess alcohol, air pollution, obesity and lack of physical activity take on our health," adds Jeffrey Blumberg, Ph.D., the director of the Antioxidants Research Laboratory at Tufts University in the U.S. In fact, research suggests that some people may be more likely to put their health on the line when taking vitamins, because they believe the pills will shield them from harm.

**FACT**

## Megadoses are useless and possibly even harmful.

"Our bodies have individual requirements for each nutrient, and once they've been met, we don't get an additional benefit from taking more, either from food or supplements," says Alice H. Lichtenstein, the senior scientist and director of the Cardiovascular Nutrition Laboratory at Tufts. Taking too much calcium, for example,

can cause kidney stones and may increase your risk for heart attacks. What's more, some vitamins and minerals rely on the same mechanisms for absorption, "so if you flood your body with one compound, you may interfere with the absorption of other nutrients," Lichtenstein says.

**FACT**

## What you put on

## your plate matters most.

Supplements are not a substitute for the nutrients found in whole foods. "Many compounds in foods may work synergistically to fend off disease," Blumberg says. Spinach, for instance, is a great source of iron, but it also contains literally thousands of other nutrients; an iron supplement contains only one. As long as you're eating a varied

diet, it's extremely difficult to OD on the vitamins and minerals you get from foods, but exceeding your RDA is easy when you're popping supplements.

**FACT**

## You're already getting enough of the key nutrients you need.

More than 90 per cent of Americans have the recommended levels of



## Pick the Best Vitamin

With more varieties at the pharmacy than lipstick shades, it's easy to feel overwhelmed. But don't eeny-meeny-miny-mo it. Look for a logo from the non-profit group NSF International or from the United States Pharmacopeial Convention (USP), which certifies that you're getting exactly what the label advertises.



several essential nutrients, such as vitamins A and D and folate, in their bodies, a report by the Centers for Disease Control and Prevention (CDC) found – and as a developing nation, it's likely that our number isn't too far off. "Many common foods that we eat – for example, breakfast staples like cereal, milk, eggs, bread and orange juice – may be fortified with a variety of vitamins, including folic acid, calcium, vitamin D and niacin," Lichtenstein says. For example, the Malaysian government introduced the fortification of flour with folic acid in 2008 to ensure that women of childbearing age maintain adequate blood folate levels to prevent neural tube defects – plus many manufacturers here voluntarily fortify foods (think eggs or peanut butter with added Omega-3 fatty acids) to make them more appealing to health-conscious consumers. This practice, which results in what are called functional foods, is now a US\$41-billion-a-year industry in the U.S. alone.

#### FACT

### Still, you're low in certain vitamins and minerals.

The CDC report found that women ages 20 to 39 have the lowest intake of iodine, a substance that is necessary for fetal brain development during pregnancy, and that African- and Mexican-Americans are most

likely to fall short on vitamin D, which can help prevent conditions like osteoporosis, colds and flu. In such instances, vitamins can help fill nutritional gaps. Supplements may also be a good idea if you

no longer eat certain food groups because of certain dietary regimens, such as vegetarianism, or food allergies, Blumberg says. You may be falling short, so check the chart below.

## Pop Smart Which vitamins, if any, do you need? Read on for expert recommendations tailored to your lifestyle.

YOU . . .	CONSIDER TAKING	WHY IT'S CRUCIAL
Are of childbearing age.	A MULTI containing FOLIC ACID (400 micrograms) and IODINE (150 micrograms)	About half of all pregnancies are unplanned, so having a steady level of folic acid and iodine, both essential to a developing fetus, is a must.
Are on a calorie-restricted diet.	A MULTI	If you eat less than 1,400 calories a day, you may fall short on the USRDA for most vitamins and minerals.
Are vegetarian or vegan.	VITAMIN B12 (2.4 micrograms) and ZINC (8 milligrams)	Vital for red blood cell formation and cognitive function, these nutrients are naturally present mostly in animal foods. You may set yourself up for a deficiency when you nix or limit seafood, meat and dairy.
Are lactose intolerant or vegan.	CALCIUM (500 milligrams twice a day)	Calcium is essential for bone health, yes, but many people who don't eat dairy get plenty of it from veggies like kale and broccoli as well as from fortified foods like cereal and milk substitutes. So you probably don't need the full recommended amount of 1,000 milligrams via supplement. Take only 500 milligrams or less at one time – more than that may not be absorbed properly – and choose calcium citrate with vitamin D, which helps your body absorb the calcium. (Vegans: D <sub>2</sub> is plant-derived.)
Have very heavy menstrual periods.	IRON (18 milligrams)	Your body relies on iron to manufacture hemoglobin, a blood protein that shuttles oxygen from your lungs, but your level may get depleted during heavy periods. Up to 20 per cent of U.S. women (around 21 per cent in Malaysia, of reproductive age) experience iron-deficiency anemia (symptoms include fatigue, shortness of breath and difficulty concentrating).
Are a <i>puteri lilin</i> , and/or regularly wear sunscreen.	VITAMIN D (1,000 international units; the RDA is 600 international units.)	If you avoid the sun at all costs, then your skin won't be able to manufacture vitamin D from its rays. Wearing sunscreen, while important for preventing skin cancer, also blocks the vitamin's production.
Eat fish less than twice a week.	OMEGA-3 FATTY ACIDS (about 1,000 milligrams total of DHA and EPA, the types found in fish oil)	Omega-3 is an essential fatty acid, which means your body can't make it, so you need to get it from your diet. It's necessary for brain health, and recent studies suggest that it may also help relieve depression, anxiety and muscle pain.

Sources: Jeffrey Blumberg, Ph.D., and Mark Moyad, M.D.

# Your New Year's Resolution: Dance

Here are five reasons why you should let loose on the dance floor.

By Zara Nasarudin and Margaret C



You're big on Zumba; 13 per cent of you said it's your favourite workout. – SHAPE Reader Survey 2015

## 1 It makes you smarter.

We kid you not. According to a New England Journal of Medicine report, dancing frequently (about four times a week) benefits your mental acuity significantly, as it – along with learning anything new – involves making split-second rapid-fire decision making. **Using several brain functions at once, this stimulates your mind to create new neural pathways, instead of merely retracing old mental routes.** Some forms of dancing do this better than others; think freestyle social dancing such as waltz, swing, rumba and foxtrot, suggests Richard Powers, a full-time instructor at Stanford University's Dance Division. "I like to challenge my students and even myself by constantly modifying the choreography and keeping the playlist fresh," says Azzura Soraya Hassan, 30, PR consultant, writer, and member of the Zumba Instructor Network (ZIN).

## 2 It makes you happy.

A meta-analysis published in *The Arts in Psychotherapy* showed that dance/movement therapy (DMT) **effectively increases the quality of life and decreases clinical symptoms such as depression and anxiety** – plus, it has a positive effect on your overall mood and body image! PR consultant Stephanie Ong, 24, who has been twirling since she was four, chose ballroom dancing as a form of exercise and stress relief. "The contra check is my favourite move, hands down. It never fails to awe the audience, and that makes you feel good *inside*."

## 3 You incinerate calories.

Looking to drop a few kilos or maintain your current weight? **Consider Jazzercise; it really revs up your heart rate, thus promoting calorie burn, which can go up to 800 calories per hour!** When Nik Farhanna retired from flying, she put on extra weight almost immediately. Gym didn't work, so she tried Jazzercise. "I fell in love with the moves, and have shed 12kg along the way," says the 39-year-old homemaker. Of course, it goes without saying that dancing acts as a total-body workout.

## 4 It motivates you to move.

As dancing mixes movement, music and social interaction, it **screams 'fun' to most people, making it that much likelier for them to stick with it.** "It's one way to sweat, and to me, nothing is as motivating as a workout buddy," says Azzura. This support system constantly pushes you, especially when you're on the verge of giving up. "I know that my instructors and fellow dancers will always be there rooting for me," adds Fara.

## 5 You make new friends.

The offline kind! "I wanted to dance without going to the gym. I took to salsa for its fast rhythm and fancy footwork – and because of the social aspect," says Janet Chai Koay Yean, 32, senior client manager. **You meet like-minded people who are there for the same reason as you, i.e. to dance your heart out, and make some new pals along the way.** Before you know it, boom; you're part of a #dancesquad.

### Where To Find Your Rhythm

For more deets, contact these studios via their FB page.

#### Zumba

**Caboco Studio**, Kelana Jaya, Selangor  
**Midas Academy of Music & Dance**, Johor Bahru, Johor  
**Michelle Koh Zumba**, Kota Kinabalu, Sabah  
**Dance99 Studio**, Bayan Baru, Penang

#### Street

**Peanut Butter Dance Studio**, Klang, Selangor  
**Nexus Dance Studio**, Ipoh, Perak  
**Street Shock Dance Studio**, Kuching, Sarawak

#### Jazzercise

**Jazzercise Damansara Jaya**, Petaling Jaya, Selangor  
**Jazzercise Penang Evolve Fitness**, Bayan Baru, Penang  
**Jazzercise Kota Kinabalu Sabah Studio**, Kota Kinabalu, Sabah

#### Salsa & Latin

**Dance Spirit Company**, Taman Desa, Kuala Lumpur  
**Lane's Yoga & Dance Academy**, Shah Alam, Selangor  
**Zero Fitness Dance Studio**, Greenlane, Penang  
**Just Dance Studio**, Johor Bahru, Johor

#### Ballroom

**Shall We Dance Studio**, Petaling Jaya, Selangor  
**Let's Dance! Studio**, George Town, Penang  
**MY Dancesport Studio**, Ipoh, Perak



# Dream destination: Langkawi

This jewel of Kedah offers more than just duty-free dinnerware. Zara Nasarudin maps out her ideal 4D3N itinerary.



## DAY 1

Kuah town and Pantai Cenang have plenty of accommodation options in their surrounding areas, from the swanky to the budget-friendly. Looking for something unique? Try Tubotel ([tubotel.com](http://tubotel.com)), merely five minutes drive from both Pantai Cenang and Langkawi International Airport. What sets it apart from others on the island: it has concrete tubes as rooms! Each sports a funky wall art, and comes with a king size bed, shelf, sockets, A/C and ample storage space. The tubes are small, so if you're claustrophobic, I suggest taking up one of its cube-shaped rooms. Once you've settled in, grab a quick meal from its on-site restaurant; I highly recommend the pizzas. If it's already late, *chup* one of its sea-fronting daybeds or beanbags for a breathtaking sunset view. If it's still early, rent one of its bikes and cycle to the nearby paddy fields, or even to Cenang (10-15 minutes).

## DAY 2

When you think of Langkawi, what springs to your mind? Dirt-cheap alcohol, chocolates and dinnerware? Pristine beaches? Well, as a geopark, the island also boasts some of the most magnificent geological diversities including rocky coasts and peaks – and to explore them, you've gotta be adventurous. That's right; forget lazy days spent on the beach or by the pool with a cold drink in hand. It's time to

take your active lifestyle with you to Langkawi – or any other destination, for that matter. Staying active on your getaway can actually make you feel more relaxed and rejuvenated, erasing the feeling of needing a vacation from your vacation when you get home. Plus, when you're focused on breathtaking views, you forget the unpleasant stuff like how tired your legs are from all that hiking! Try: kayaking through the mangrove forest of the Kilim Karst Geoforest Park. Spot crabs, otters and kingfishers along the route, as well as spooky (yet weirdly pretty!) twisted vines and branches.

## DAY 3

Fill up your tummy with Tubotel's scrumptious big breakfast (they're known for it), and then make your way to Pantai Cenang; it's time to take the fun to the waters. I suggest discovering the eight islands of Dayang Bunting on a jet ski (from RM700/person)! You won't just be skimming across the water; the tour also allocates time for jungle tekking and a dip in the famous lake. There are dozens of operators based in Cenang; you'd want to go with a reputable company that offers insurance coverage. Not a water baby? Tone your legs as you trek through or hike up Gunung Mat Cincang (depends of your fitness level and experience); there are plenty of interesting flora and fauna to gawk at! If you're travelling in a big group and budget is not an issue, consider



Tapaz Catering's lunch or dinner do on Pantai Kok. The chefs prepare your meals (think tapas, Australian chilled prime cuts, and locally-caught fresh seafood) right on the beach, and food is served in the middle of a beautifully-set table. To book: [alexsigni@yahoo.com](mailto:alexsigni@yahoo.com).

## DAY 4

Got a few hours to kill before your flight or ferry ride? Go hunt for souvenirs along Cenang's main strip; stuff your bags with imported dark chocolates, and some high-quality cookware for your mum. After all, who can say no to duty-free items?!

# Rethink vitamin drinks

When it comes to essential nutrients, you can have too much of a good thing. Vitamin-enhanced waters and fruit drinks often contain many times more than the recommended daily intake of vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, vitamin C, niacin, and riboflavin, which you're already getting enough of if you eat a balanced diet, according to new University of Toronto research. "The long-term effects of consuming superhigh levels of these vitamins on a daily basis aren't known," study author Valerie Tarasuk, Ph.D., notes. "At best, they're not beneficial." Scan the labels of functional beverages before you sip: if they contain 100 percent or more of any nutrient, Tarasuk suggests steering clear.



Amount by which cat owners are less likely to die from a heart attack than non-cat owners are.

SOURCE: Journal of Vascular and Interventional Neurology



## THE 4-MINUTE HEARTBREAK CURE



Conventional wisdom has it that after a painful romantic split, you should avoid wallowing in the details and try to move on. But reflecting on a bad breakup can actually help you rebound faster, research in the journal *Social Psychological and Personality Science* found. In the study, participants reported feeling less lonely and heartbroken after they had answered personal questions that delved into their failed union.

Why did all the reflection help? When a relationship ends, "you're faced with fairly fundamental uncertainties about your identity," study author David Sbarra, Ph.D., says. "Evaluating the split encourages you to regain your sense of self faster, and that helps your heart mend." Dealing with a bust-up of your own, or do you have a friend going through one? Let these questions help.

1. When did you first realise you and your partner were over?
2. What do you remember about the moment of breaking up?
3. What's your relationship now - civil or hostile?
4. How do you feel about dating?



## THE HEALTHIEST WATER BOTTLE YOU CAN BUY

That BPA-free plastic water bottle in your gym bag? There's a good chance that it contains bisphenol S (BPS), a common swap for BPA that's being linked to similar health woes (think hormone disruptions that may boost disease risk). So pick up a bottle made of glass or unlined metal, like the all-stainless steel **Klean Kanteen Reflect** (RM280.82; [Lazada.com.my](http://Lazada.com.my)).



## There's a smarter way to sit

Kicking back in a hammock is one thing, but in your everyday life you want to keep both your feet firmly on the floor. **Crossing your legs bumps up your blood pressure slightly**, a recent study found, and may increase your risk of spider veins, warns Irving Herling, M.D., the director of clinical cardiology at the U.S.'s Lankenau Medical Center. The position also throws your hips out of alignment, which can trigger all-over aches. If you can't break the habit, switch legs every five minutes and take a five-minute walk every hour.

## Your phone is gross



You browse your phone over lunch, pass it to friends to show them your photos, maybe even bring it with you into the bathroom. The upshot? **That phone ends up harbouring more than 300 times the amount of bacteria as an office toilet handle**, according to research from the U.K. Problem is, regular household cleaners and cloth or paper towels can wear away the anti-smudge coating on the screen and leave little scratches in the glass, giving germs a new place to hide, warns Derek Meister, a tech pro for Best Buy's Geek Squad. He suggests making your own disinfectant by mixing equal parts distilled water (tap or filtered will leave behind mineral residue) and 70 per cent isopropyl alcohol in a spray bottle. Every night, spritz a microfibre cloth with the solution and give your cell a quick wipe down.



# Double your pleasure

Date night with another couple will make your relationship stronger—and sexier. The reasons:

## You're reminded of how great your guy is

You know he's funny and kind. But on a double date, you get to see those good qualities through fresh eyes. Watching couple friends crack up at your boyfriend's or husband's jokes or gush over the way he opens the door for you deepens your appreciation of him, according to a study in the journal *Personal Relationships*.

## You boost your chances of getting lucky that night

"When you've got plans with another couple, you tend to get a bit more dressed up

than usual," says marriage and family therapist Tara Fields, Ph.D., the author of *The Love Fix*. Translation: he'll look extra cute, and you'll be extra eager to get him back home.

## You bust your date-night rut

You and your partner tend to default to the same old things, like dinner and a movie, Fields says. Going out with friends gives you an excuse to try something different. "Research shows that couples who regularly do new things have a more intimate bond," Fields adds.

Improvement in women's ability to reach orgasm after practicing Pilates two hours a week for 12 weeks. "Pilates not only strengthens the pelvic floor but also makes you more aware of your body and how to use it with precision, both of which could translate into better sex," explains Michele Olson, Ph.D., a *SHAPE US* advisory board member and a professor of exercise science at Auburn University.

SOURCE: Journal of Sex and Marital Therapy



## "Are organic tampons worth buying?"

From a health perspective, probably not. While it's true that regular tampons contain dioxin, a chemical by-product of the cotton-bleaching process that's a known carcinogen, organic cotton versions contain surprisingly similar levels of the toxin, according to a study from the U.S. Environmental Protection Agency. The good news is that both types contain only trace amounts of the chemical, says Michael DeVito, Ph.D., the lead author of the study. In fact, DeVito says, you're exposed to as much as 240,000 times more dioxin by your

diet than you are by tampons, because the toxin is also found in animal fat.

From an environmental standpoint, however, organic tampons are the clear winner. They use cotton that hasn't been treated with pesticides, and some use more earth-friendly plant-based materials to make the applicator.

No matter which kind you choose, though, opt for the lowest absorbency possible and be sure to change your tampon at least once every eight hours. Both steps will minimise the risk of bacterial growth, which can lead to toxic shock syndrome.







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Happiness  
With The New

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## A Holiday Edit For The Girls

Whether the woman on your list loves to bum out on the beach or lose herself in a museum, we've got you all set with the perfect pressie for her. Or here's a wild idea: reward yourself this Christmas. You totally deserve it! *By Poon Li-Wei*

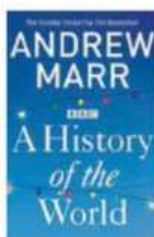
### Keep Note

Carry your notepad, pen, smartphone and wallet in **This Is Ground's Leatherback Writer Holder** (SG\$109.90, approx RM340; Naiise.com) so you can easily jot down the sights and sounds you encounter on your travels.



### Remarkable Tome

**A History of the World by Andrew Marr** (RM54.90) covers 70,000 years of human history within its 640 pages.



### Treat For The Senses

The L'occitane & Pierre Hermé Christmas Hand Cream Trio (RM123), created in collaboration with pastry chef Pierre Hermé, is a must-have for any macaron connoisseur.

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## the cultural explorer

What she can't learn within the walls of museums, monuments and ancient ruins, she will from the people and food!



### Nippon Threads

Put on this **Uniqlo Yukata** (RM199.90) for the next *don obori* fest here, or just hang it on your wall to give your space a touch of Oriental chic!

### Time It

If you're going to wander about an old city and lose track of time, do it with a **Swatch Exotic Charm Bodega** (RM470) on your wrist!



### Bag It Lah!

Bring a piece of Malaysian culture with you wherever you go. Just toss everything you need into this **Typo Canvas Tote Bag** (RM75) and you're ready for a day of exploration.



### Happy Greetings

The **Pretty in Peranakan Greeting Cards Box** from [naladesigns.com](http://naladesigns.com) (RM84.80) will delight your bestie... and your wall!



# the beach babe

## Skin Protector

Slap this non-acneogenic Lipodil Sunscreen Oil (RM24.90) on, and then party under the sun.



This laidback sista loves nothing more than to dig her toes in the sand and chill to the island-life vibe.



## Stylo Peepers

The Polaroid Rainbow Project sunnies (RM250) protect your eyes in the most colourful and fashionable way!

## WIN IT!

Visit  
[shape.com.my](http://shape.com.my)



## Chic Comfort

This flowy RekaReka Floral Long Chiffon Cardigan (RM79; [Zalora.com.my](http://Zalora.com.my)) makes the perfect bikini cover-up.

## Water Baby

The compact, waterproof and shockproof Nikon Coolpix S33 (RM458) captures your goofy underwater moments (close to 10m). You can even record Full HD 1080p videos.



## Summer Scent

The Bath & Body Works Just Smile Gift Set - Warm Vanilla Sugar is a sweet, on-the-go indulgence of sheer florals, vanilla absolute, and sandalwood.

## Frilly Fun

The details on this Cotton On Scallop Frill Bikini (RM80 for two swim separates) give you that extra oomph!



## Beach Read

A must-read, *Big Magic* by Elizabeth Gilbert (RM74.95) inspires you to break free from your boundaries.



## Chill Out

To ride out your post-holiday blues, just kick off your shoes, and plonk yourself down on a Doof bean bag (RM590 each).

#### Party-Ready Shades

Bobbi Brown's Bellini Mini Lip and Eye Palette (RM158) boasts a good mix of silky and shimmery shadows. Fits into the smallest purse.



#### Street Sounds

Put on the Sony H.Ear On (RM699), and you're ready to navigate the city on foot. The high-resolution audio headphones deliver the best out of every track you own.



**WIN IT!**  
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[shape.com.my](http://shape.com.my)

#### Sweater Weather

Represent Kuala Lumpur in this super-fly Fashion Valet Basics Kay El Jumper (RM89).



#### Clutch It

This H&M clutch (RM199) can jazz up any outfit – especially your festive get-up. With your essentials stashed away, you're unstoppable on the dance floor!

## the city fashionista

The urban jungle's her playground, and while she lives and breathes fashion, make no mistake; she rocks her own style.



#### A Galaxy In Your Hand

The Samsung Galaxy Note 5 (RM2,699) is a multi-tasking powerhouse; a tablet and phone in one, you get to work on multiple apps at one-go on its split screen. It doubles up as a cool camera too, with 16MP to its name.



#### Pumped-Up Kicks

Dress your feet in this PUMA by Rihanna Creeper (RM459). We totally love its suede upper!



#### Comfy Ride

Get some shut-eye on any long-haul ride with Typo's Boston Neck Pillow (RM45). Isn't it adorable?!



#### City Scent

Drench yourself in DKNY's Golden Delicious signature fruity and floral scent; it'll keep you smelling sweet even after a day of mall-hopping. The holiday set retails at RM200.





**Budding  
Shutterbug**  
Casio ZR3500 (RM1,699)'s 'Art Shoot Mode' allows you to have creative reins over your picas, while the Exilim Auto Transfer function makes it easy for you to keep your friends posted on your adventures.



**All Wrapped Up**  
Don't let a little drizzle stand in your way of exploration. Just throw this Lululemon Definitely Raining Jacket (RM848) on when the weather gets gloomy.

### Cute Pack

A trusty and snazzy sidekick, you'd want to take the Adidas StellaSport Backpack (RM240) with you on short treks.



**the nature  
lover** Nothing makes her happier than to be surrounded by greeneries – and that usually means being high up in the hills or mountains!



### Fresh Scent

Invite nature into your home with Diptyque Sapin Scented Candle (RM295)'s pine resin. Infused with mandarin, it has a hint of citrus notes too.



### Striking Prints

Ikea's Rödved (RM39.90; 1 quilt cover and 2 pillowcases), designed by Swedish pattern designer Linda Svensson Edevint, livens up your bedroom!

**WIN IT!**  
Visit  
[shape.com.my](http://shape.com.my)



### No Sweat

The soft, ultra-lightweight Under Armour Favourite Wordmark Leggings (RM199) delivers superior comfort on your hikes. Plus, its anti-microbial technology keeps you fresh!



**WIN IT!**  
Visit  
[shape.com.my](http://shape.com.my)

### Flexible Kicks

Skechers GOFlex Walk – Ability (RM329) takes you from point A to B in ultimate comfort, thanks to its articulated segmented sole design, shock-absorbing midsole and memory foam insole.



### Beauty Box

Want a spa-worthy skincare routine after roughing it for days in the jungle? Exfoliate, hydrate, firm or purify with Fresh Mask Must-Haves (RM255; Sephora).



**Easy Tracking**  
The aptly-named **Logitech MX Anywhere 2** (RM339) allows you to connect up to three devices for both Windows and Mac, perfect for the working or gaming man!



**Clean Cut**  
Keep him looking dapper with **The Body Shop's Modern Gent's Shaving Kit** (RM199). No more whisker burns; hurrah!



**Play On The Go**  
With the fun-sized **Sony Playstation Vita** (RM839), he can play over 1,000 Playstation games, and stream both PS4 and PS3 games via Remote Play and PS Now respectively.



**Ear-gasm**  
This **Harman Kardon Soho Wireless Headset** (RM989, Lazada.com.my) operates on Bluetooth – so say *hasta la vista* to tangled wires! Of course, it also delivers a superior sound experience that's sure to please any audio geek.

## + an edit for *the boys!*

Delight your father/ brother/ hubby/ bae with these picks.



**Quick Feet**  
For a more effective run, equip him with **Li-Ning Way of Wade 3.0 Lite** (RM699). The CUSHION Technology offers lightweight padding yet optimum shock absorption when he takes off and lands.



**Tough Tee**  
He'll favour this **Under Armour Raid Sleeveless T-Shirt** (RM119) over others. Its 4-way stretch fabric offers greater mobility and access to really work those muscles. Anti-odour tech means you don't need to shun post-workout cuddles.



**Eye-Catching Wearable**  
**Give Samsung S2 Gear** bezel a spin to scroll through long emails, play the next track and zoom into a map, among others. The smartwatch also tracks daily activity levels, heart rate and water vs. caffeine intake.



**Cool Shades**  
The **Dior Homme AL13.6 Sunglasses** (RM2,600) amp up his style factor while protecting his peepers.



# look great



## Get sexy, don't— care hair

The look is loose, tousled waves that just kind of happened, giving you an unfussy, bombshell effect. In truth, it takes a few (totally worthwhile) steps.

*By Kelsey Castañon*

## 1 Work it wet.

To build in some tousle, set your hair post-shower. First, work a large dollop of mousse – we like the flexible feel of Kérastase Lift Vertige (RM59) – into your damp roots to give a subtle lift. Then, fully saturate your strands with a sea salt spray. Our pick: Sachajuan Ocean Mist (RM92; Luxola.com.my). “The salt temporarily dries out hair, giving it that messy, undone effect,” says Ryan Trygstad, a hairstylist for Sally Hershberger Salon in New York City.

Next, divide your hair into one-inch sections and loosely twist. If you have natural waves, use your fingers to scrunch in another drop of mousse, then head outside to let your hair air-dry. “The sun and heat will bake the wave pattern into place,” he explains. “If your hair is pin straight, go ahead and pop a diffuser onto your

blow-dryer to bring out even the slightest bit of texture.”

## 2 Ditch the brush and use your fingers.

Once your hair is dry, flip your head upside down and gently rake your fingers through strands to separate the twirled pieces. You can stop here, or take it a step further with a hot tool. To add just a little movement, quickly curl your ends with a 1.5-inch curling iron, or grab a few random sections (including any that look too straight) and, using a one-inch straightener like the Panasonic 2-Way Straight & Curl Hair Straightener EH-HV2 (RM180), set them into S-shaped waves. Starting near your roots, clamp the iron down and quickly flick your wrist upward (towards

**One tool to avoid at any stage: a hairbrush. “You don’t want to break up the texture so much that it gets fluffy,” Trygstad says.**

the ceiling). Unclamp the iron, then move it to the next inch of hair and twist the tool downward. Continue this swift up-and-down movement until you reach your ends. Then, squirt a dime-size amount of hydrating styling cream – a good one is Aveda Smooth Infusion Nourishing Styling Crème (RM120) – in your palms and work it into your hair. “This roughs up the texture,” Trygstad says. “Tug on the waves to loosen the curl, and rub the hair

between your fingers to make it look even more imperfect.”

## 3 Finish with a spritz.

No matter how undone the style is, you still want it to look healthy and shiny. “I always use a lightweight oil or spray because it reflects light off the hair and gives it that extra bounce and liveliness,” Trygstad says. Plus, it helps tame flyaways, so hair will look mussed up but never frizzy. Try Percy & Reed Smoothed, Sealed & Sensational Volumising No Oil, Oil For Fine Hair (RM78; Sephora); it nourishes and repairs your hair, with pro vitamin B5 helping out with strength and heat protection.

## the ROSTER

# Your wave makers



PANASONIC 2-WAY  
STRAIGHT & CURL  
HAIR STRAIGHTENER  
EH-HV2 (RM180)

SACHAJUAN OCEAN  
MIST (RM92;  
LUXOLA.COM.MY)

AVEDA SMOOTH  
INFUSION  
NOURISHING STYLING  
CRÈME (RM120)

KÉRASTASE LIFT  
VERTIGE (RM59)

PERCY & REED  
SMOOTHED, SEALED  
& SENSATIONAL  
VOLUMISING NO OIL,  
OIL FOR FINE HAIR  
(RM78; SEPHORA)



## \*A QUICK WORD ABOUT YOUR CUT

You can pull off this effortless undone style with any hair length, as long as it has a little movement. But if you really want to create a shaggier effect, layers help. Ask your stylist for razor-cut sections, mostly at the crown of your head. “That will trim excess weight that may be weighing down your hair,” Trygstad says, “allowing it to swing and look carefree.”





**“I just found out that I’m preggers, and I’m already freaking out about stretch marks. What’s a girl to do?”**

– Fara, 30, Part-time tutor

First of all; congrats! You’ve got a beautiful journey ahead of you, and we think somewhere along the way, stretch marks will definitely be the *last* thing on your mind. Also, keep in mind that not everyone will get these ‘scars’. Still worried? According to *BabyCentre*, a pregnancy and parenting site based in the U.K., you can minimise its effects by trying to gain weight slowly and steadily during your pregnancy. You can do this by eating a healthy diet and exercising regularly; consult your doc for a plan that’s safe for you. You can also keep your skin soft and smooth with a hydrating body oil or cream; the newer a stretch mark, the easier it is to treat. Try **Bio-Oil**; apply twice daily from the start of your second trimester onto your abs, breasts, hips, buttocks and thighs, in a circular motion.



**“I’m not big on sunscreen, especially when I have makeup on. It feels like my skin can’t breathe! Can I just skip it if I use makeup with SPF?”**

– Jean, 27, Graphic designer

We don’t recommend it, unless each face colour you use offers the same sun protection factor (SPF) of 30 or above: the ideal values. Also, applying an SPF20 sunscreen and then topping it with an SPF15 foundation doesn’t get you SPF35; just 20, which is the highest you applied. Look for a lightweight, greaseless formula. We like: **Pevonia Botanica Hydrating Sunscreen SPF30** (RM78/ 30ml). It feels silky-smooth on your skin, and safeguards it from UVA, UVB and infra-red rays. Wait for a few minutes before you put on moisturiser or makeup.

**“On a recent trip to Bangkok, I got myself a spur-of-the-moment ink on my upper arm. I’m starting a corporate job in January, and I need to hide the tattoo. A short-sleeved top should do, but I need a backup plan. Got any makeup tricks I can use?”**

– Lydia, 24, Graduate

Ah, the things you do on holidays... Fret not; help is here. Originally formulated for the para-medical field, **Dermablend** (dermablend.com.my) provides flawless, natural-looking coverage to camouflage anything from body art and burn scars to skin conditions such as vitiligo and hyper-pigmentation. It’s non-comedogenic, waterproof and long-lasting, so it stands up well to tropical heat.



**“Can I really drink myself younger?”**

– Yanti, 35, Product manager

Staying hydrated, eating more fruits and veggies, keeping your skin moisturised, and protecting yourself from ageing rays are still the keys to youthful, healthy skin. “Drinks with beauty benefits usually contain vitamins, amino acids, or botanicals that possess antioxidant activities,” New York dermatologist Francesca Fusco, M.D. told WebMD. You should get enough of these nutrients through your diet, but “drinking them is a reasonable way to supplement,” adds Fusco. One to try: **Watsons Berry Essence**. It’s yummy (must be the 10 berries!), so you’ll look forward to a bottle first thing in the morning.



# Strength— train your nails

They need to be tough to stay healthy and pretty. Here's your game plan.

By Kelsey Castañon

Stronger nails are smoother and shinier in the buff and look clean without a swipe of polish. "You want them to be both durable and flexible; that's their optimal condition," says Doug Schoon, a scientist and an authority on nails. Hit that healthy balance with our mini boot camp: we went to the top pros to help get your nails fit and bring out their natural brilliance. No chips, no rips—just gorgeous toughness.

**EXTRA STRENGTH**  
IF NAILS TEND TO BEND EASILY, OPT FOR A TOPICAL STRENGTHENER. PAINT ON A THIN LAYER EVERY OTHER DAY FOR UP TO TWO WEEKS.

## 5 proven boosters

### Eat protein, sweat often

Nails are essentially made of protein—in the hardened form of keratin—so step one is to make sure you eat enough of the nutrient, says Francesca Fusco, M.D., a dermatologist in New York City. Experts recommend a daily intake of 0.8g of protein per kilo of body weight. That comes to about 51g for the average 64kg woman. You can skip the fancy supplements and gelatin, Schoon notes; there just isn't strong evidence that they help. Also key to thriving nails is good circulation. Boost yours by exercising intensely for at least 30 minutes on most days and keeping active throughout the day.

### Oil up

Moisturising your nails morning and night should be as routine as hydrating your skin, says Julie Kandalec, the creative director for Paintbox salon in New York City. Massage a nourishing oil like **Burt's Bees Lemon Butter Cuticle Cream** (RM56) directly into cuticles and fingernails for a minute, Kandalec says. Those 60 seconds of TLC help save nails from becoming dry and brittle, a.k.a. weak.

### Get in (almond) shape

Filing your nails at least every two weeks will guard against "split ends" that can snag, Schoon says. Because nails grow outward from the bed (where the cuticle is), the fibres at the tips are the oldest and most vulnerable. "Use a nail file with a grit of 240 [as indicated on the package]



or a superfine crystal file," he recommends. "These safely shape the edges of your nail without roughing the surface." Try **Sephora Crystal Nail File** (RM49). And go with a rounded or almond shape to make them even more snag-proof. "If there are no corners, there's less to catch and break," Kandalec says.

#### Protect before you plunge

Apply a topcoat to your nails before you jump into the pool or hit the beach. "Nails absorb moisture one thousand times faster than skin, so soaking hands for longer than a minute causes them to swell," Schoon explains. "That can cause the surface of the nail plate to crack, leading to peeling or dryness." Use a product like **Sally Hansen Double Duty Strengthening Base & Top Coat** (RM23.90; Watsons); the all-in-one formula protects your digits using nylon, so they'll be more water repellent and damage resistant than when they skinny-dip.

#### Strip smartly

Pick a gentle remover; we like anything with soya such as **The Body Shop Sweet Almond Oil Nail Polish Remover** (RM41.30) and **NCLA Take It Off** (RM89; Luxola.com.my). Then, rejuvenate your nails with cuticle oil to reverse the drying effect of the acetone and other chemicals. One to try: **Jessica Phenomen Oil** (The Nail Parlour). It's tempting, but whatever you do, hold back from picking your polish off. "You'll peel away multiple layers of your natural nail," Schoon warns.

Water is the number-one cause of weak nails, so polish up for a day at the pool.



#### POWER POLISHES

Strengthen while you beautify. **The Nails inc Richmond Park Gardens NailKale Nail Polish** (RM70; SEPHORA) is supercharged with kale extract and the brand's patented regenerating complex; they boost keratin production for harder, stronger and healthier nails. For a gentler-than-ever mani, check out **Gimme A Lido Kiss** (RM74.20) from the **OPI Venice Collection**; it contains no DBP, toluene, or formaldehyde. Also good: **Butter London Shop Girl Patent Shine 10x Nail Lacquer** (RM63; SEPHORA). The classic creamy shade nixes seven harsh chemicals (such as ethyl tosylamide and xylene) and strengthens your digits with its 10-in-1 formula.



# Trend gaya hidup masa kini!

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# THINK ABOUT IT

**YOUR ROOTS – NOT HAIR, BUT HISTORY.** Often in our speed to get ahead, we disregard the value of the very foundation we're building upon. That's a mistake, because looking back can help you propel forward.

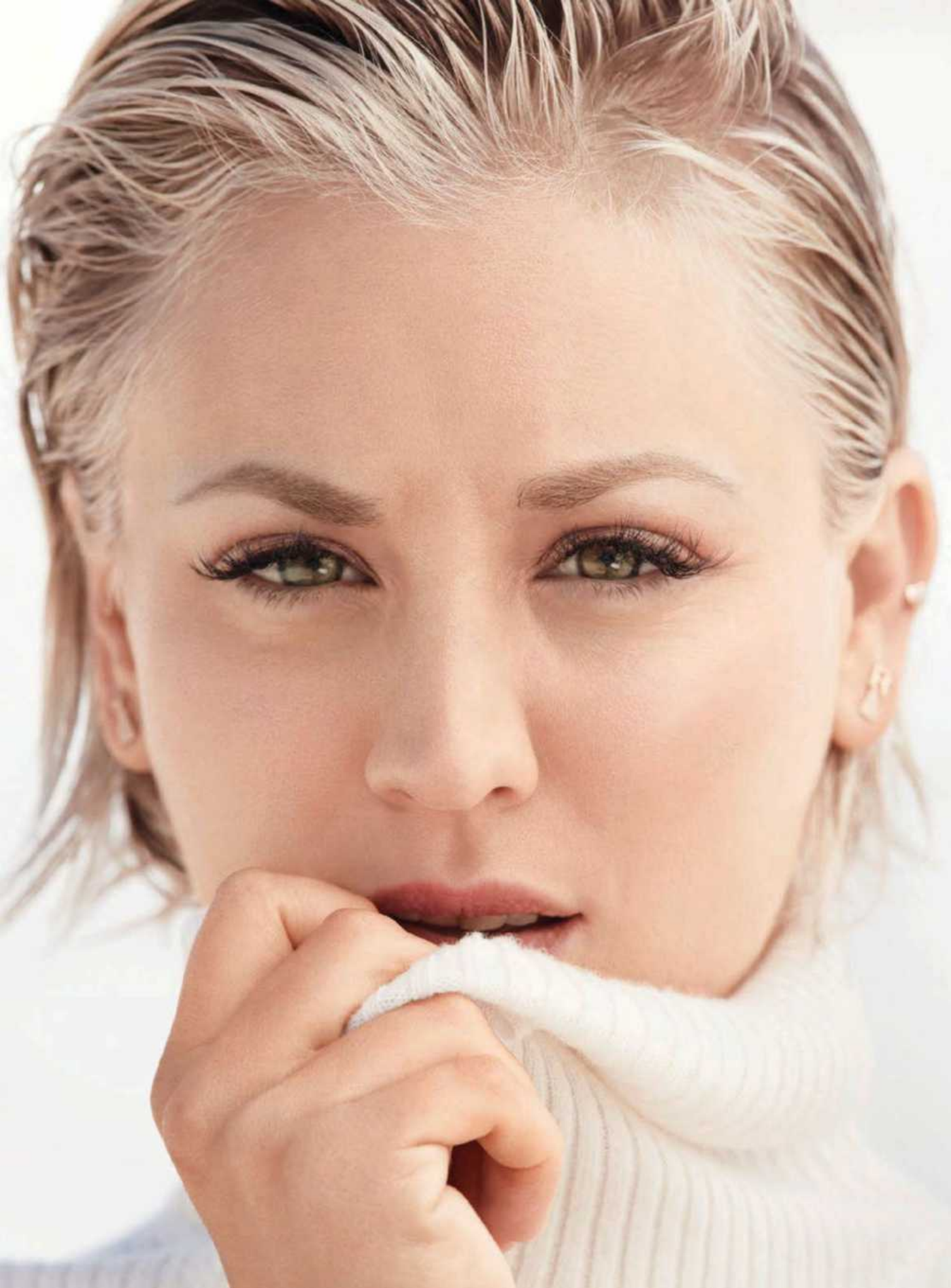
Take the beautiful, thoroughly modern dishes that chef Robert Sundell creates at his San Francisco restaurant, Pläj, featured on page 86. Sundell took his native Swedish culinary traditions and thoughtfully evolved them, inventing a fresh technique meets old-world flavour mash-up that's a lot more innovative, interesting, and relevant to the current healthy-food lover than if he'd just winged it with a bunch of kale.

Then there's trainer Marlo Fisker, who created the Flow Movement workout on page 76. To design the state-of-the-art routine, she mined the past, looking at how people moved before they even stood upright. The endgame: an original workout that's familiar in its rhythm but foreign in its poses – and one that advances your body results in amazing ways.

Tap your own history (whether that's your lineage, your rituals, your family's philosophies), honour it, and see how you can use it to help you break new ground in this day and age.

She may be one of the highest-paid women on television, but *The Big Bang Theory's* **Kaley Cuoco-Sweeting** is also one of the most down-to-earth. Case in point: what other celeb would admit to keeping entire *drawers* full of candy in her bedroom or that she has to buy jeans in three different sizes? Get the dish on







## **KALEY CUTS TO THE CHASE**

**Smartest health change you ever made?** Giving up soda.

**Celebrity crush?** Jennifer Aniston. A girl crush!

**If you had a superpower, it would be . . .** Invisibility. There are so many conversations I would love to listen in on.

**First thing you do in the morning?** I make my coffee with almond-coconut milk.

**Last thing you do at night?** I kiss my dog, Norman, *then* I kiss my husband.



# everything Kaley, including how she finally got a handle on her diet and the killer workout routine that totally changed her body.

By Claire Connors  
Photographs by Nino Muñoz  
Styling by Audrey Slater

Exactly five minutes before our scheduled interview time, the phone rings. “Hey, it’s Kaley!” the chipper 29-year-old actress says. “I’m sorry I’m calling early, but I can’t stand lateness. It drives me crazy. My friends always text me if they’re running even a little behind because they don’t want the ‘wrath of Cuoco,’ as they call it.” Extreme punctuality – not to mention an endearing tendency to give TMI – are just two of Kaley Cuoco-Sweeting’s refreshingly anti-Hollywood traits. Another is the fact that she works hard for her body and isn’t afraid to admit it. You won’t hear “Oh, I just look like this naturally” from her. Asked how she got in the ridiculously toned shape you see on our cover and these pages, she confesses, “I’ve never worked so hard to look good for something in my entire career. But I didn’t starve or kill myself with exercise. I went slowly, and it paid off.” Here’s what else Kaley’s learned.

## WORKOUTS ARE NOT ONE SIZE FITS ALL

“It took years for me to figure out what my body needs and that what works for my friends doesn’t necessarily work for me. Doing yoga five times a week has transformed my body. I love being toned and having muscle; it’s so sexy and beautiful. And I owe it 100 per cent to yoga. I go to a place called CorePower Yoga. One morning I’ll take the Hot Power Fusion class, which is an amazing calorie burner. Or I’ll take a Yoga Sculpt class, where we wear three-pound weights during yoga moves. The sculpt classes include 20 seconds of mountain climbing or jumping jacks between the poses, so I get cardio, too. I also ride horses five days a week whenever I can. I love it so much. I have

six horses, and they’ve been the biggest blessing in my life. Horseback riding is why I’m so centered, especially in this business.”

## EATING LIKE YOUR HUSBAND EATS IS A RECIPE FOR DIET DISASTER

“As I’ve gotten older [Kaley turned 30 in November], I’ve had to change my food intake. My husband, Ryan eats so much. I’ll cook him whatever he wants, which is usually meat and potatoes, or chicken. So I make his first dinner, and then he orders a second one from a restaurant! I’ve never seen a metabolism like his. It drives me crazy!

“When we first got married, it was so much fun to eat like him. We got into this habit we called the bedtime snack. The drawers next to the bed were filled with candy. Eventually, I realised it was mindless eating. I was just doing it because he was doing it, and it was adding hundreds of calories I didn’t even think about. So I cut that out.

“Our refrigerator and pantry have completely changed, because we don’t eat crap anymore. No more soda, chips, cereal; we had boxes of stuff that only a 4-year-old would eat. My favourite meal to make these days is gluten-free pasta with vegan butter and veggies. I’m not vegan, nor do I have a gluten allergy, but it just feels better in my stomach.”

## YOU NEED TO STAY FUELED WITH THE RIGHT FOODS

“I went to a nutritionist, and what really surprised me was that I wasn’t eating enough during the day. I’d have a huge coffee with almond-coconut milk for breakfast and that was it. I’d eat a dinner big enough for an

A black and white photograph of Kaley Cuoco. She is smiling broadly, looking directly at the camera. Her arms are raised high, with her hands behind her head. She is wearing a light-colored, long-sleeved button-down shirt that is open, revealing a dark-colored sports bra. A dark, wide strap is draped over her shoulders and hangs down the front of her torso. She is also wearing a necklace with a small, round pendant. The background is a bright, out-of-focus outdoor setting, possibly a beach or a field.

## **KALEY'S WORKOUT PLAYLIST**

***Run the World (Girls)***  
Beyoncé

***Shut Up and Dance***  
Walk the Moon

***Uptown Funk***  
Mark Ronson,  
featuring Bruno Mars

***Stronger***  
Kanye West

***California Love***  
2Pac

***Beat It, Billie Jean,  
and Thriller***  
Michael Jackson

***Turn Down for What***  
DJ Snake and Lil Jon

***Some Nights***  
Fun



army when I got home and end up with a stomachache and then wonder why. Now I eat small portions every three hours. For breakfast, I make egg whites with lots of Cholula Hot Sauce and mashed avocado. I can't live without avocado, by the way. I probably eat one a day. For lunch, I order a tuna wrap from one of the healthy restaurants near the studio. My trick is to cut it in half, eat one half with the wrap, and then, if I'm still hungry, have the other half without. It totally fills me up. And I always have snacks with me."

### IT'S OK TO CHEAT

"I *have* to have a cheat day. I know when I'm being good all week long that come Sunday, I'm going to lie by the pool, have a drink, and eat some pizza. Then I wake up on Monday morning and I'm all ready to start the week again. I'm just going to be in a bad mood all the time if there's no light at the end of that tunnel."

### THE PERSONAL PAYOFF IS WORTH IT

"It doesn't sound like a lot, but I lost six pounds in the last three months. That's a whole jeans size, and we all know how good that feels! I'm the type of girl who's always had to buy jeans in three sizes because I never know what my body is going to do from one day to the next.

"Everything, from the inside out, has completely changed for me. And now, when I look into the mirror and see the positive changes, I don't want to go back to what I was doing." Especially when my husband is like, 'You look amazing!'"

*(At print time, Kaley and Ryan had just split.)*



A woman with long, wavy brown hair is lying on her back on a wooden floor, performing a yoga pose. She is wearing a blue and black patterned sports bra and black leggings. Her legs are raised and bent at the knees, with her feet pointing towards the ceiling. She is looking directly at the camera with a slight smile. The background features large, multi-paned windows with white frames, set into a wall with a warm, textured, light brown finish. The lighting is soft and natural, coming from the windows.

# GO WITH THE FLOW


This sexy routine is like nothing you've seen or sweated through before, and it will carve your muscles from angles most workouts miss. And oh yeah, you're gonna love the way it makes you move.

By JACLYN EMERICK

Photographs by  
SARAH KEHOE







Somewhere along the way, with the rise in popularity of rapid-fire repetition workouts, we've maybe lost a little of our move groove. But what if we collectively unclenched that dumb-bell grip from time to time and broadened our definition of what a good sweaty circuit can be? When you free your body and mind and let yourself glide fluidly, your functional movements improve, even when you go back to hoisting those weights, says Marlo Fiskien, a trainer and professional dancer.

When Fiskien couldn't find a routine that combined the liquid patterns of dance, yoga, and acrobatics, she created Flow Movement, a workout style that fuses and reimagines – the best out-of-the-box moves from each. The toning exercises transition from standing to slinking around on the floor, so mobility training is built right in. In a word, it's beautiful. And her endlessly creative movements will firm your entire body, especially hard-to-reach spots. Not to mention the calories you'll burn and the flexibility you'll gain without even thinking about it.

Each session teaches your body how to find its flow both on and off the mat. And that's seriously important, says Fiskien, who's been studying human movement for 25 years. "The way you sit, stand, walk, and sleep affects your strength, flexibility, and overall fitness." So much so, she argues, that if you make improving movement a priority, you'll ace your fitness goals and get a mental makeover too. "A person who moves with delicacy, power, and control catches attention," she says. "You'll begin to exude a confidence." Think of movement as the foundation of mind-body transformation.

In a Flow Movement workout, your body weight provides your resistance. The floor is your equipment; you roll around on it a lot. Just go with it. We promise you'll be hooked. Fiskien says she emphasises floor exercises because the floor is where we start moving in life and they're a good way to reconnect with those building-block basics. "When you move across the floor – rolling,

changing positions, getting up and down – you force your deepest core muscles to engage," she explains. "These low movements also restore your muscles' length and tone, which you've probably lost if you sit in a desk chair all day." Ahem, she's talking to most of you! And surprise: when you emerge, you'll notice you have more body control and awareness.

Expect to squat, lunge, push, pull, twist, bend, walk, run, and jump, only not as you do in a boot camp class. In Flow Movement, it's all about keeping those transitions fluid. For example, rather than hold a reverse tabletop position, here you'll bend and rock your body forward and backward (crab rock). Next, you'll sit on the floor and push your palms into it as you sweep your legs in big semicircles (butt spin). Each exercise moves your joints through their full range of motion, so you strengthen more muscle fibres while stretching your whole body, Fiskien says. Runners, cyclists, CrossFitters: this will feel particularly amazing to you, because these exercises align and open your entire body, releasing knotted up tension.

Fiskien, who recently launched several new workout videos on [Flowmovement.net](http://Flowmovement.net), created this special seven-move workout to firm you up and let you loose. Some parts may feel familiar; others will be wildly new. Don't be afraid to get a little lost in the shapes and make the exercises your own. "Be playful," she encourages. "Creatively reassemble your skills into something unique." First, learn the rules (do each movement as it's indicated in the how-to), then let your body go free: add a handstand to the pike wheel, bend your legs in the shoulder stand V-up, or go into child's pose in the middle of each scorpion side kick rep. Do you. The benefits will wash over you no matter where you take it.





Calvin Klein  
PERFORMANCE



If you're having trouble with the coordination or getting stuck in any of the positions, pause and breathe. *"When you breathe fully and deeply, the positions are more likely to just happen,"* Fiskien says.









*“Focus on what you feel—not in your head but in your body,” Fisker says. “Really experience your contact with the floor, the sensation of your arm slicing through the air. Once you understand each movement, gradually add a little flair.”*





# Let it flow

## HOW TO GET MOVING

### YOUR WORKOUT

Do each of the seven moves below in order, trying to seamlessly connect them without pausing in between. Complete the sequence two or three times. Because the routine is mobility based and not geared toward muscular burn-out, you can do it from three to seven days a week – and even before or after other workouts. Then, once you've got the hang of the movements, mix it up. Try two reps of an exercise, then switch to any other. Before you know it, you'll have created something unique, Fisker says.

### YOU'LL NEED

A mat

### A/B→

#### 1 LEG-SWING BRIDGE

WORKS ABS, OBLIQUES, BUTT, HAMSTRINGS, OUTER THIGHS, INNER THIGHS

Lie faceup with knees bent, feet flat, and arms extended slightly below shoulder height with palms down to start. Tip both knees to the left, keeping shoulders and toes grounded, and swing right leg around and just above left hand [A]. With momentum, swing right leg back to start, then press hips up so body forms a straight line from shoulders to knees [B]. Lower to start. Switch sides; repeat. That's 1 rep. Do 8 to 10 reps.



### ←A/B

#### 2 CRAB ROCK

WORKS SHOULDERS, ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Sit with knees bent, feet flat and hip-width apart, and palms on floor next to hips. Press into palms to lift hips so that body comes into a tabletop. Shift weight into left hand and stack right shoulder over left to start. Keep hips higher than thighs and rock forward until heels lift [A]. Then rock back until toes lift, driving hips higher [B]. That's 1 rep. Do 8 to 10 reps. Switch sides; repeat.

### A↔B→

#### 3 BUTT SPIN

WORKS ABS, OBLIQUES, BUTT, INNER THIGHS

Sit on floor with legs forward and bent slightly to the right, hands on floor by hips. Lift both legs and (temporarily picking up left palm out of the way) powerfully swing them to the left [A], leaning forward as they come directly behind you. Then fluidly split legs to bend left knee as you reach left toes toward right elbow, bending arms deeper [B]. Quickly push off floor and join legs to spin on butt to other side. That's 1 rep. Do 6 to 8 reps.



### A→B→

#### 4 SHOULDER STAND V-UP

WORKS SHOULDERS, ABS

Sit with legs together and long, arms by sides. Rock back onto shoulder blades, bringing arms onto floor over head and squeezing glutes to lift legs up and slightly back [A]. Reverse move, rising to sitting position on tailbone with legs extended, arms reaching up, and thumbs pressed together behind head [B]. That's one rep. Do 8 to 10 reps.







A/B↔C→

## 7 PIKE WHEEL

WORKS SHOULDERS,  
ABS, BUTT, QUADS,  
HAMSTRINGS, CALVES

Stand with legs wide and arms by sides. Squat, rotating torso toward right [A] to place right hand on floor with fingertips pointing behind you, then left hand. Push into floor and with straight legs jump right foot to outside of right hand, followed by left foot [B]. Land in a squat facing forward, then jump up, raising arms overhead and pointing toes [C]. Land in a squat and immediately switch sides; repeat. That's 1 rep. Do 4 to 6 reps.



A/B→

## 5 SCORPION SIDE KICK

WORKS SHOULDERS, ABS, BUTT,  
QUADS, HAMSTRINGS

Get on all fours. Extend right leg to side at hip height and flex foot [A] to start. Keeping leg at hip height, bend right knee to sweep leg around back and point toe toward left shoulder; look back at foot [B]. Reverse movement. That's 1 rep. Do 8 to 10 reps. Switch sides; repeat.



## 6 V-LEG WHIP→

WORKS SHOULDERS, BUTT, QUADS,  
HAMSTRINGS, OUTER THIGHS,  
INNER THIGHS

Stand with feet hip-width apart and fold forward to plant hands on floor in front of feet so body forms an inverted V (downward dog). Lift left leg back and up in line with hip to start. Keeping leg straight, make a big circle toward left shoulder [shown]. That's 1 rep. Do 4 to 6 reps. Switch direction of circle and repeat. Switch sides; repeat.





# The FRESH WAY of EATING

It's modern Nordic cuisine, and it's taking over dining tables everywhere. Driving the new food movement: creative herb combos, healthy ingredients, and memory-making flavours that hit every note, from deliciously delicate to daring and bold.

Photographs by KANA OKADA

SWEDEN AND CALIFORNIA ARE more than 8,000 kilometres apart, but in their San Francisco restaurant, Pläj (pronounced 'play'), the husband-and-wife team of Roberth (the chef) and Andrea (the manager) Sundell brings the cuisine of these two food-centric cultures together. "We take traditional family recipes from Sweden and present them in a new, modern way, highlighting California produce," Roberth says. In reinventing these nostalgic dishes of his childhood, he's made them lighter but also bolder, with more intense tastes.

"The true flavours and textures of the fresh vegetables and fish stand out; they're not masked with heavy sauces," Roberth says. It's that focus on produce and seafood (along with vegetable-based oils, low-fat dairy, whole grains, lean meats, and fruit) that makes Nordic food so good – and so good for you.





Pickle-Poached  
Salmon With  
Cucumber  
and Fennel

(Previous page)

## Pickle-Poached Salmon With Cucumber and Fennel

**Serves:** 4

**Cook time:** 10 minutes

**Total time:** 20 minutes

1 cup distilled vinegar  
2 cups water  
2 bay leaves  
1 tsp whole allspice  
¼ cup sugar  
1 tbsp sea salt  
2 bunches dill  
4 x 140g salmon fillets  
3 egg yolks  
1 tbsp Dijon mustard  
1 tsp honey  
¼ cup molasses  
½ cup red wine vinegar  
1 cup canola or vegetable oil  
1 fennel bulb  
1 long cucumber  
Freshly ground black pepper

**1** In a pan large enough to hold salmon fillets in a single layer, bring vinegar, water, bay leaves, allspice, sugar, salt, and 1 bunch dill to a simmer over medium heat. Turn off heat and add fish, making sure it's covered by the liquid. Cover pan and let fish rest for 5 to 10 minutes or until it's poached. Remove fish and drain on paper towels.

**2** Chop remaining bunch of dill. In a small bowl, whisk together egg yolks, mustard, honey, and molasses. Continue to whisk as you add red wine vinegar, and then, once combined, the oil. Fold in chopped dill.

**3** Trim fennel, reserving fronds, and thinly slice bulb with a mandoline. Using a vegetable peeler, remove about half the cucumber peel, creating stripes lengthwise. Cut cucumber in half lengthwise; remove seeds with a spoon and slice. Toss fennel and cucumber in ¼ cup mustard dressing; top with pepper and chopped fennel fronds.

**4** Serve salmon with salad and remaining dressing on the side if desired.

**Nutrition score per serving:** 314 calories, 16g fat (2.1g saturated), 11g carbs, 30g protein, 2g fibre, 354mg sodium



## Spiced Cabbage Soup With Rye Croutons

**Serves:** 4

**Cook time:** 1 hour  
5 minutes

**Total time:** 1 hour  
10 minutes

2 thick slices rye bread, cut into cubes  
1 tsp butter  
1 tbsp plus 1 tsp olive oil  
¼ tsp chopped garlic  
1¼ tsp salt  
Freshly ground black pepper  
1 head white cabbage  
1 leek (white part only)  
1 yellow onion

¼ tsp white pepper  
¼ tsp nutmeg  
¼ tsp allspice  
¼ tsp ground cloves  
2 carrots, grated  
1 tbsp molasses  
1 cup port or any dark beer  
4¼ cups water  
1–2 bay leaves  
Chopped parsley

**1** Sauté rye cubes in a pan with butter, 1 teaspoon olive oil, garlic, ¼ teaspoon salt, and black pepper.

**2** Chop cabbage into small pieces and thinly slice leek and onion. Heat remaining 1 tablespoon oil in a soup pot over medium heat. Add cabbage, leek, onion,

remaining 1 teaspoon salt, white pepper, nutmeg, allspice, and cloves, and sweat vegetables for about 5 minutes to build flavour. Put a lid on pot for a few minutes to let vegetables steam.

**3** Add carrots, molasses, port, and water to the pot, along with bay leaves. Let simmer until vegetables are tender, about 1 hour. Discard bay leaves.

**4** Serve in soup bowls, topped with rye croutons and chopped parsley.

**Nutrition score per serving:** 284 calories, 6g fat (1.5g saturated), 39g carbs, 5g protein, 8g fibre, 908mg sodium

Food styling by Jamie Kimm; prop styling by Sarah Cove/EH Management





Peppery greens complement the sweet beets and earthy sunchokes in this salad.

## Fall Beets and Sunchoke Salad

**Serves:** 4

**Cook time:** 50 minutes

**Total time:** 1 hour

55g hazelnuts

2 tsp olive oil, plus more for reheating vegetables

1 tsp sugar

225g baby golden beets

225g baby Chioggia (candy cane) beets

225g sunchokes

¼ cup extra-virgin olive oil

1 tbsp white truffle oil

2 tbsp cider vinegar

225g baby watercress

Sea salt

Black pepper

55g västerbotten, thinly sliced (a cow's milk cheese; you can substitute Parmesan or any other hard cow's milk cheese.)

**1** In a pan over medium heat, toast hazelnuts in 1 teaspoon

olive oil and sugar; stir until lightly caramelised. Remove from heat.

**2** Preheat the oven to 180°C. Fill a large pot halfway with water and bring to a boil; add beets and cook until soft, about 45 minutes. Remove beets from water to cool, then peel and slice them.

**3** While beets cook, drizzle sunchokes with 1 teaspoon olive oil. Roast until semi-soft, 20 to 30 minutes; set aside. When cool, slice, leaving skins on.

**4** In a small jar with a lid, combine extra-virgin olive oil, truffle oil, and vinegar. Shake the jar to combine. Toss watercress with the vinaigrette.

**5** Reheat beets and sunchokes in a hot pan with some olive oil. Season to taste with salt and pepper. Add to salad, along with toasted hazelnuts and cheese. Serve with a sprinkling of sea salt.

**Nutrition score per serving:** 418 calories, 33g fat (5.6g saturated), 25g carbs, 10g protein, 6g fibre, 398mg sodium



## Pork Chop With Roasted Kohlrabi, Rutabaga, and Wild Kale

**Serves:** 4

**Cook time:** 30 minutes

**Total time:** 35 minutes

2 kohlrabies, peeled and cut into wedges

2 rutabagas, peeled and cut into wedges

1 tbsp shaved garlic

1 tsp rosemary, finely chopped

1 tsp thyme, finely chopped

2 tbsp olive oil

1 tsp salt, plus more for

seasoning

1 tsp black pepper, plus more for seasoning

8 kale leaves, torn

7g Danish blue cheese, frozen and finely grated

Sea salt

Cooking spray

4 x 140g pork chops

**1** Preheat the oven to 200°C. In a large bowl, toss together kohlrabi, rutabaga, garlic, rosemary, thyme, olive oil, and 1 teaspoon each of salt and pepper. Transfer vegetables to a rimmed baking sheet and roast for 15 to 20 minutes or until vegetables soften, adding kale leaves for the last 2 minutes of cooking. Remove baking sheet from the oven,

transfer vegetables to a serving dish, and top with the grated blue cheese and a sprinkling of sea salt.

**2** Meanwhile, coat an oven-proof pan with cooking spray and heat over medium-high heat. Season pork chops with salt and pepper, add to pan, and sear until golden on the bottom, about 3 minutes. Flip chops and transfer pan to oven; cook 5 to 10 minutes or until pork is 63°C. Transfer to a serving dish and let rest for a few minutes. Serve with vegetables.

**Nutrition score per serving:** 350 calories, 12g fat (2.5g saturated), 24g carbs, 39g protein, 8g fibre, 915mg sodium

## Swedish Buttermilk Pancakes With Wild Berry Jam and Whipped Cream

**Serves:** 4

**Cook time:** 45 minutes

**Total time:** 55 minutes

3 eggs

1 cup buttermilk

1¼ cups low-fat milk

1½ cups all-purpose flour

½ cup plus 1½ tsp sugar

¾ tsp salt

1½ tsp vanilla paste or 1½ tbsp vanilla extract

1 cup mixed berries, such as strawberries, raspberries, blueberries, and blackberries

1 cup water

½ tsp cornstarch

1 tsp butter

Whipped cream, for serving (optional)

**1** In a large bowl, beat eggs, then add buttermilk and low-fat milk and whisk to combine. Add flour, 1½ teaspoons sugar, and salt and stir to combine. Add ¾ teaspoon vanilla paste and mix until combined. Place batter in the refrigerator for 30 minutes.

**2** Meanwhile, make the berry sauce: in a small bowl, mix together berries, water, cornstarch, ½ cup sugar, and remaining vanilla paste. Transfer to a saucepan and simmer over low heat until berries break down and sauce thickens, about 30 minutes. Let cool.

**3** Heat a non-stick pan over medium-high. Add butter, then pour about 3 tablespoons of batter into pan and swirl until pan is evenly coated. When air pockets appear, flip pancake. Cook 1 to 2 minutes; repeat with remaining batter.

**4** Serve pancakes with berry sauce and whipped cream if desired.

**Nutrition score per serving:** 402 calories, 6g fat (2.7g saturated), 71g carbs, 14g protein, 2g fibre, 596mg sodium



*“You can’t  
go anywhere  
in Sweden  
without seeing  
pancakes on  
the menu,”  
chef Sundell  
says.*






*So many styles, so many ways to flatter your body. Whether you want to create sexy curves, shape your butt, or appear long and leggy, there's a pair here for you.*

# LOOK LEAN IN YOUR JEANS



*Photographs by James Mccart Styling by Audrey Slater Hair by Ian James/The Wall Group Makeup by Tamah/The Wall Group for Burberry*





INSTANTLY  
ERASE INCHES  
WITH DARK  
DENIM; DEFINE  
YOUR BUTT  
WITH A PAIR  
THAT'S SNUG  
AND HUGS.  
THOSE  
FLARES (left)  
BALANCE  
YOUR BODY  
AND MAKE YOU  
LOOK SO  
MUCH TALLER.



## Meet model **Samantha Hoopes**

With legs for miles, the Pennsylvania native has good genes for jeans, but that doesn't mean she slacks on working to stay trim and strong. Her two non-negotiables: her workout and her diet. "I'm really into HIIT. It's the toughest workout, because you do so many different exercises as hard and fast as you can." Three times a week, Hoopes sweats hard, and on her off days she takes low-key hikes with her dog, Mila. "It's relaxing, and I get some kind of calorie burn," she says. And while Hoopes's diet hasn't always been the healthiest ("I grew up eating mashed potatoes, chicken, and guacamole") she now makes an effort to eat cleanly. "I'm addicted to açai bowls with strawberries, bananas, and granola from Earth Bar in Los Angeles," she says of her favourite post-workout nosh. Peppermint tea is another staple. "It helps with bloating and curbs my appetite."





DENIM DREAM  
STRETCHY  
LEGGINGS  
ACT LIKE  
SHAPEWEAR  
TO MAKE  
THIGHS TIGHT  
AND TONED.

A RELAXED CUT HIDES  
LUMPS AND BUMPS.  
PAIR WITH FAB HEELS  
AND SUDDENLY THE  
LOOK IS ALL FEMME.





CUFF YOUR  
JEANS (left)  
AND ADD  
STRAPPY  
SANDALS TO  
SHOWCASE  
SCULPTED  
CALVES.



TRUE BLUE  
A HIGH WAIST  
GIVES YOU  
HOT, SEXY HIPS  
AND LEGS  
THAT APPEAR  
TO GO ON  
FOREVER.

More flattering denim picks to show off your legs.

# Look lean in your jeans



If you've got the height, wear this with gladiator sandals or Converse low-top sneakers!



Reach for a pair of pointy-toed pumps for legs that go for miles.



**BELL-BOTTOMS**, RM199.90, PULL & BEAR. **BOOTCUT JEANS**, PRICE UNAVAILABLE, PRINCIPLES @ DEBENHAMS

**EIGHTY HIGH WAIST JEANS**, RM199, MANGO. **INES DE LA FRESSANGE SELVEDGE JEANS**, RM199.90, UNIQLO

**710 SUPER SKINNY**, RM239, LEVI'S. **SUPER SKINNY**, PRICE UNAVAILABLE, SUPERDRY

**MOCKI BLUES DELUXE**, RM150, MONKI. **PUSH-UP UPTOWN JEANS**, RM199, MANGO



# Win! *b.liv Stunning Six limited edition set and tote bag worth RM175 each!*

**32**  
**LUCKY WINNERS**

*will win b.liv  
Stunning Six  
limited edition  
sets and tote bags  
worth RM5,600  
in total!*



To celebrate its Stunning Six birthday, b.liv released a limited edition set with a tote bag, which comes in three designs selected from the tote bag design contest held earlier this year. Each set includes b.liv's:

- **off with those heads** removes whiteheads and blackheads gently; you don't need to use an extractor, which damages the epidermal layer
- **shrink and tighten** minimises large pores by sealing them with collagen
- **immerse me** contains hyaluronic acid, known for its ability to hydrate parched skin in a jiffy.

The three star products deliver b.liv's promise of flawless and healthy skin!

## HOW TO ENTER

1. Log onto [www.shape.com.my](http://www.shape.com.my).
  2. To participate, you must first complete a registration form. This is a one-time registration process and your details will be kept for future contest entries.
  3. After you have registered, you will only be required to enter your username and password for future contest submissions.
  4. You are only allowed to submit one entry per contest (unless stated otherwise).
  5. Promotion period: **1 December 2015 to 31 December 2015.**
- Terms & conditions:** This contest is open to all residents of Malaysia. • Employees of Blu Inc Media Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest. • Late, incomplete and unclear entries will not be entertained. • The decision of the judges is final and no correspondence will be entertained. • Prizes must be taken as provided and are neither transferable nor exchangeable for cash. • Winners will be notified by email.

b.liv

# ***Win!*** 1-month pass to Pilates/ Zumba/yoga classes at DancePot worth up to RM220!



**25**  
**LUCKY WINNERS**

*will win 1-month  
passes to Pilates/  
Zumba/yoga  
classes worth  
RM5,500 in total!*

DancePot, an established dance school based in Setapak, KL, offers various dance and fitness classes crafted for enthusiasts of all ages! If you want long, lean and strong muscles without bulking up, join its Pilates classes; the movements strengthen and lengthen your muscles, while putting your core to work. DancePot's yoga classes mix elements of hatha yoga with the gentle flow; focusing on alignment and adjustments, they allow you to find your inner peace. If you're looking for something more exhilarating, there's Zumba! This Latin-inspired dance is moving millions of people towards joy and health, thanks to its high-energy music and easy-to-follow yet effective moves.



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# Win!

**1-year Curves membership worth RM2,186, or 6-month Curves membership worth RM1,292!**



# 3

**LUCKY WINNERS**

*will win Curves memberships, which include CurvesSmart technology, personal coaching and monthly body composition analysis worth RM5,664 in total!*

Transform yourself at Curves; the ladies-only gym gives you a complete cardio, strength-training and stretching workout in just 30 minutes, so it's also perfect for the time-challenged! The programme – designed for women – combines the three components essential for fitness, flexibility and weight loss, and is powered by CurvesSmart, an advanced personal coaching system. Every piece of its equipment is programmed to give you moment-by-moment feedback, so you stay challenged and motivated to reach your goals. If you're looking for a non-intimidating and non-judgmental gym for women of all ages, shapes and sizes, make your way to the fun and friendly Curves!

**Curves.**  
Strengthening Women.™

## HOW TO ENTER

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# MAGAZINE EXCLUSIVE!

Win a 3D2N stay in Swiss-Garden Beach Resort Damai Laut and a first-hand S.E.A.L. Challenge experience worth RM2,850!



Club Sea View Room



Private Beach

Push your physical and mental limits at the Swiss-Garden Damai Laut S.E.A.L. Challenge, which stands for Strength, Endurance, Agility and Leadership. The obstacle course consists of 12 military-style obstacles that are specially structured around four elements of nature: sea, lake, jungle and hill. These make the over-10km course matchless and unique in its own way. The course is built in the acreage of the Damai Laut S.E.A.L. Village at Swiss-Garden Beach Resort Damai Laut, Lumut, Perak; so you can relieve those post-challenge aches and pains on the beach, by the pool or at the spa. Sounds like the perfect active retreat to us!



**2**  
**LUCKY READERS**

*will each win a 3D2N stay in Club Sea View Room, inclusive of meals and the S.E.A.L. Challenge experience worth RM5,700 in total!*

## MAGAZINE EXCLUSIVE! SWISS-GARDEN BEACH RESORT DAMAI LAUT

NAME \_\_\_\_\_  
NRIC NO. \_\_\_\_\_ AGE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
TEL (H) \_\_\_\_\_ (M) \_\_\_\_\_  
E-MAIL \_\_\_\_\_  
OCCUPATION \_\_\_\_\_

I have read and understood the notice at (<http://promo.bluinc.com.my/personal-data-protection-notice/>) of Blu Inc Media Sdn Bhd ("Blu Inc") regarding the processing (including the collection, use, disclosure, holding and storing) of my personal data, and hereby consent to have Blu Inc process my personal information for the purposes and to the extent stated above.

Get the December 2015 issue of SHAPE Malaysia. Photocopies of the entry form are not accepted. Fill in your particulars, and send your completed entry to: SHAPE Marketing & Communications Department, Blu Inc Media, Lot 7, Jalan Bersatu 13/4, Section 13, 46200 Petaling Jaya, Selangor. Winners will be chosen by random draw, and will be notified via email and SHAPE Malaysia website: [shape.com.my](http://shape.com.my). You are only allowed to submit one entry per contest (unless stated otherwise). Closing date: **31 December 2015**.

This contest is open to all residents of Malaysia. Employees of Blu Inc Media Sdn Bhd, sponsors, their advertising agencies and immediate families are not eligible to enter the contest. Late, incomplete and unclear entries will not be entertained. The decision of the judges is final and no correspondence will be entertained. Prizes must be taken as provided and are neither transferable nor exchangeable for cash.





# SCOOP IN december

EVENTS, PROMOTIONS & NEWS



## COOL SCENT

The **adidas climacool anti-perspirant** (RM15.90 for 150ml body spray; RM8.90 for roll-on) keeps you dry for up to 48 hours! Here's how it works: once its capsules are activated by friction and humidity, they release a fresh citrus fragrance. The harder you go, the better it gets!



## MESMERISING EYES

Brighten up the windows to your soul with **Lacelle Jewel Lens by Bausch + Lomb** (RM68 per box). Take your pick from Melanite Black, Topaz Brown, Crystal Gray, Amber Brown, Amethyst Violet, Sapphire Blue and Peridot Green; the lenses make your eyes look dazzling yet still natural! It's not all aesthetics; the monthly disposable lenses boast a water content of 38 per cent to ensure eye comfort and health.



## BEAT THE HEAT

Up the cool in your home, both figuratively and literally with the **Arvio Bubbla fan by Alpha** (RM2,288); inspired by the pinwheel, it's definitely a step-up from your typical everyday fan. The blades are carved from maple wood, and it runs on a high-efficiency DC motor which reduces energy by up to 70 per cent. The fan's equipped with Bluetooth, so once you've downloaded the app, control will be at your fingertips.



## 3D CLEANING

A smile is the best accessory you can wear, so, why do you keep neglecting your teeth? Buddy up to the **Systema 3D Clean** (RM11.50); its multi-cleaning 3D bristles clean those hard-to-reach places (read: gums, back and in between your teeth), while the tongue cleaner wipes out stinky breath. Now smile for the camera!



## FUN-SIZED TEA

Big fan of **OISHI Green Tea**? It now comes in a 300ml can (RM2). Brewed from 100 per cent organic tea leaves, grown on certified plantations, it's a bang for your buck! There are four thirst-quenching flavours to try: Original, Genmai (our fave!), Honey Lemon and Lemon Black Tea.



## SUPERIOR SOUND

Wave goodbye to sketchy sounds with the **Harman Kardon OMNI 20** (RM1,643; lazada.com.my). The wireless HD audio system allows you to work with your fave music apps and stream different music in different rooms, all with the touch of a button. You can also connect it to your TV, iPod or DVD via Bluetooth for an all-around cinematic experience right in the comfort of your home.

“Racing started out as a hobby. But before long, with the help of a mentor, I began competing against the boys.”

“To me, the perfect drift is when you can control your car sideways and drift through all the bends at a constant speed, continuously.”

“If I was marooned on an island, I would bring a ‘How to Build a Raft’ book, box of matches and knife.”

STAYING FEARLESS WITH...

## Leona Chin

Chances are, you’ve watched the viral video of this 29-year-old drifter on Youtube; yes, the one where she pretended to be a novice before unleashing her skills on four unsuspecting driving instructors! Invited to compete in a motorsport-related reality TV show in China called F-TEAM, Leona – who got into drifting at the age of 20 – has certainly defied the ‘women can’t drive’ stereotype. When she’s not on the track, she keeps busy with Kuraz Motorsports, which buys and sells performance parts as well as creates car racing events.

“Driving the Nürburgring – the longest and most dangerous race track in the world – sits right at the top of my bucket list.”

“I usually start my day with a 2km jog, followed by 10–15 minutes of stretching. I’d like to join a marathon someday!”

“What drives me? I dream of having my own racing team and participating in races of different tracks across the globe.”

“My breakfast: a fibre and protein shake infused with collagen and probiotics. It keeps my tummy healthy and happy.”

“I love the anime character, Naruto Uzumaki. He never gives up even when the odds are stacked against him.”



Malaysia's  
No.1 selling  
scar &  
stretch mark  
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Nielsen, 2014



"I read about Bio-Oil in a magazine, and decided to try some. I had been using two other products, which are both expensive. I felt they made some improvement but then I tried my Bio-Oil and... oh my goodness! I am using it on my arms, hands, chest, neck and complete face. The texture and colour of my skin is amazing. I had two blemish scars on my face, which I notice less now, and the colour of my skin has evened out - I didn't realise it was irregular until it changed. I told my husband I'm going to bathe in the stuff! (I had the pharmacy order me 5 bottles because I am afraid the word will get out and there will be a shortage)." Roshidah Rosli

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